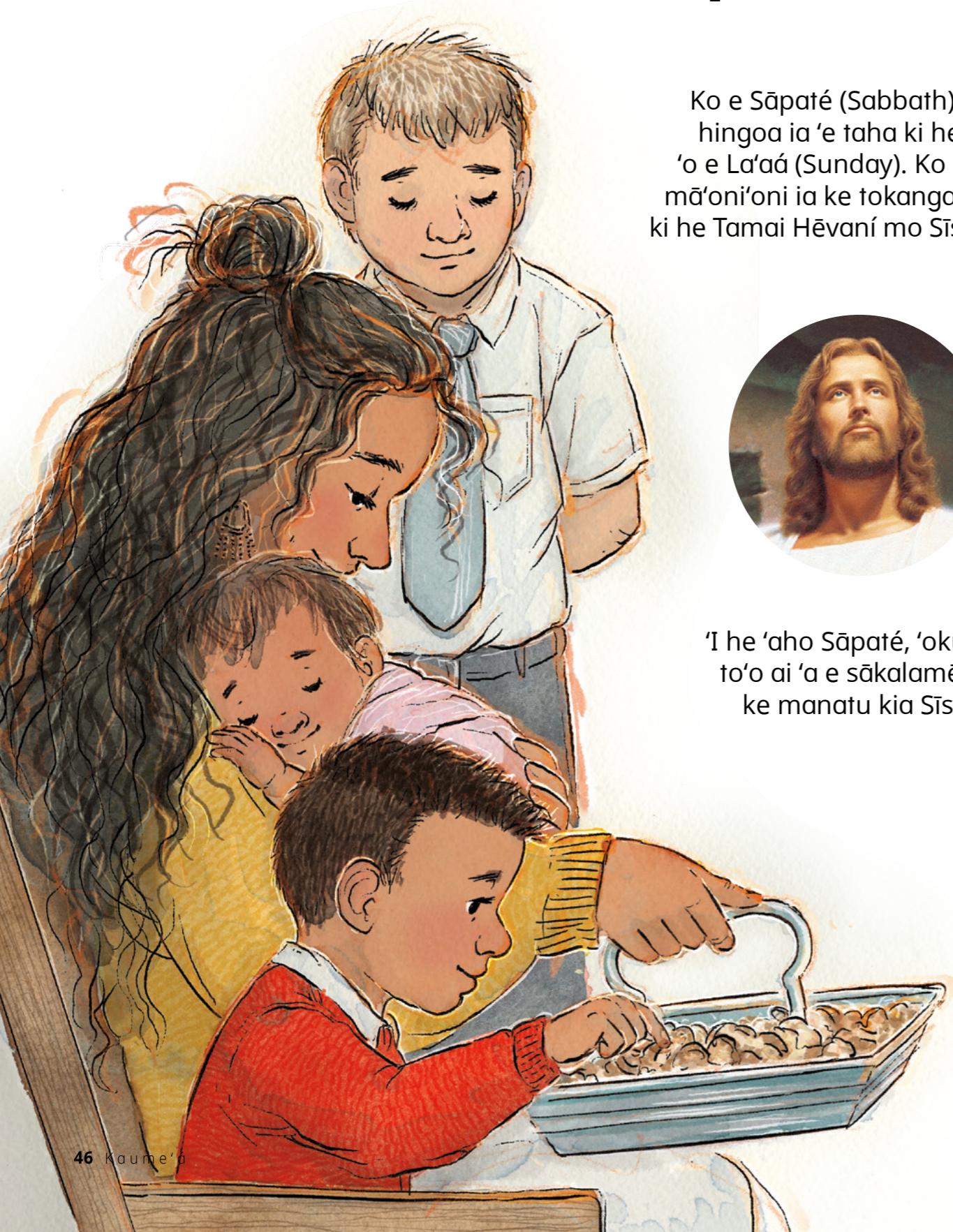


Ko e Hā 'a e Sāpate?



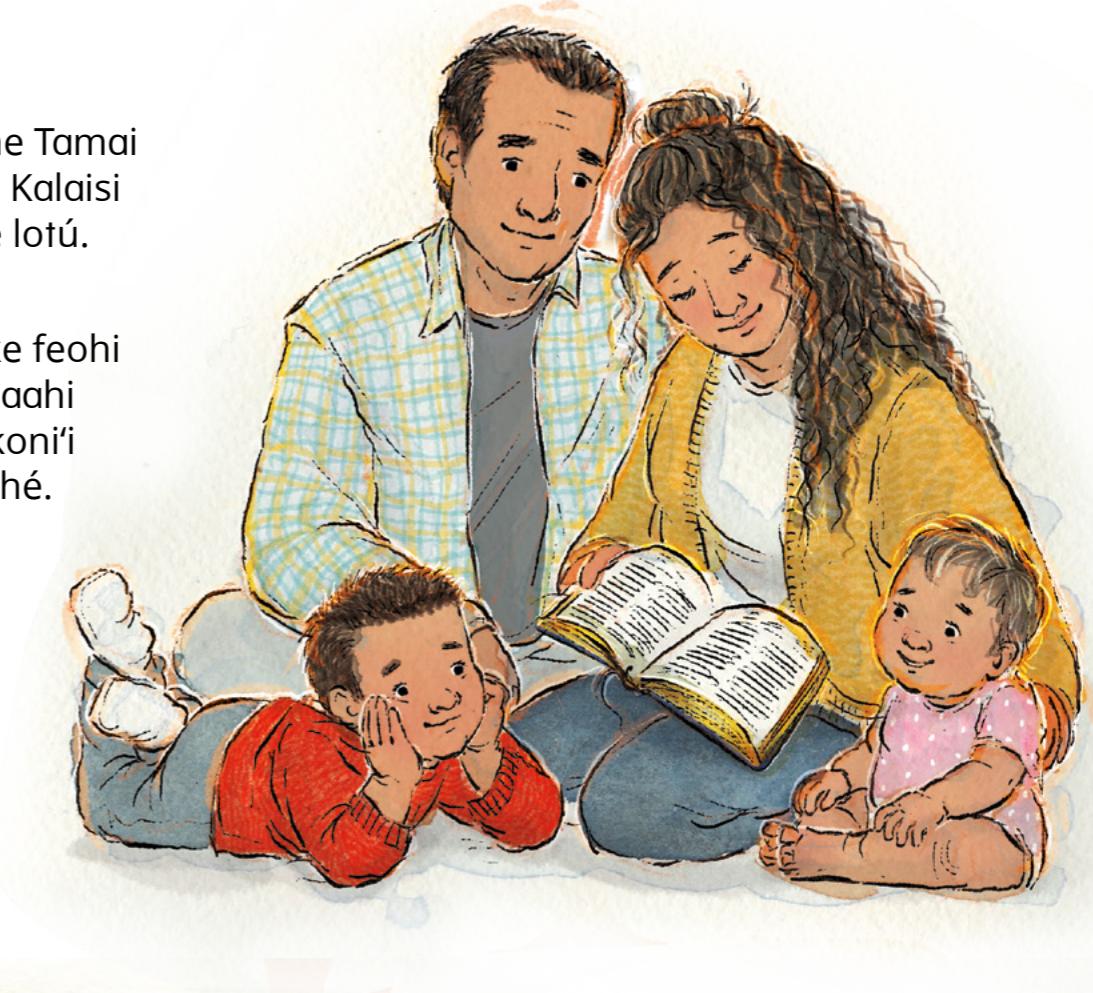
Ko e Sāpaté (Sabbath) ko ha hingoa ia 'e taha ki he 'Aho 'o e La'aá (Sunday). Ko ha 'aho mā'oni'oni ia ke tokanga taha pē ki he Tamai Hēvaní mo Sīsū Kalaisi.



'I he 'aho Sāpaté, 'oku tau to'o ai 'a e sākalamēnití ke manatu kia Sīsū.

'Oku tau ako ki he Tamai Hēvaní mo Sīsū Kalaisi 'i 'api pe'a i he lotú.

'Oku tau fiefia ke feohi mo hotau ngaahi fāmilí mo tokoni'i 'a e ni'ihi kehé.



'Oku fiefia 'a e Tamai Hēvaní 'i he'etau faka'apa'apa'i 'a e 'aho Sāpaté.

