

7. Upna Sungah Mainawtna

Laisiangtho bulphuhte	Rom. 10:17 AV	Luke 18:8	James 2:14-26
	Mark 11:22-44	John 14:12	1 John 5:4
	Heb. 11:1-40	Mark 9:23	

b) Thupatna

Upna pen khua vannaui-ah a lianpen vangliatna hi. Banghang hiam cihleh, hih upna tawh mihingte tuahkhakna sungah Pasion vangliatna kikhahkhia hi. Upna lo tawh Pasion kilungkimsak theilo hi (Heb. 11:6). Pasion deihnate tunsak ding maw Pasion Gam tangtun sak nading hi taleh ei le ei-in kuamah in hih zawhna neilo hihang. Eite in pianken ngeina khengval letsong kisam hanga tua letsong pen upna letsong hi. Upna pen Zeisu sunga nuntakna thak ah i tun theih na vangliatna hi a, eite sungah Pasion nuntakna i sepkhiatna vangliatna zong hihmah ahi hi. Upna pen lungsim ngaihsutna thu hilo a, utna sepkhiatna hizaw hi (Pro. 3:5). Hih pen Pasion leh Ama kammal ah a hoilo muanna leh lungmuanna hi.

c) Upna a Semkhia Khutme Ngate

Hih thulupi i thupi sak ding leh a kizom dimdiam leh kikhen hetlo-a a ding khawm dinga a kisam a thupi mahmah vante tampi upna in nei hi. Hihte khat peuh om lo in upna ding thei lo hi, kici thei hi. Upna pen a kicing in kipulak thei lo a, tuate lak-ah khatpeuh a om keileh, i nuntakna sungah kicing takin tua upna gamtang theilo hi. Upna pen khutme ngate a om khut tawh kibang hi. Na khutpek sungah upna cih gelh le cin, na khutmete in tua upna a gamtat theih nading in kiptak in humcip ding hi.

<i>khutpi</i>	<i>mekawk</i>	<i>melai</i>	<i>mezom</i>	<i>meneu</i>
Hehpihna	Thutak	Letsong	Vangliatna	Gualzawhna

KHUTPEK = UPNA

1. Upna pen HEHPIHNA hi (Eph. 2:8-9)

Upna pen Pa tawh i kizopna bulpi hi. Eite pen i thahatna aih keileh i thumanna tungtawn in hong kigum hilo a, i nuntakna ah hong taksuaksak upna tungtawn in Pasion hehpihna tawh hong kigum hi. Eite lak ah kuamah ei hanciam tawmna tungtawn in a piangthak omlo hihang, Pasion sungah muanna i neih theih nading thatang nangawn kuamah in nei lo hihang. Eite pen i pianken ngeina in Pasion tawh kigal in, Pasion Kammal ah i ki-ap ding hi thei lo hi (Rom. 8:7-8). Pasion sunga upna pen Pasion letsong hi a, Khasiangtho vangliatna nasep nuai-ah upna hong kipia ahi hi. Pasion in thakhatthu-a, eite dinmun sungah Ama kammal hong gen ciangin, i nuntakna sungah manawhna khat tawn in kalsuan hihang. Hih thu hangin a piang pen eite tunga hong kigen tua awging zak nading in khawl in kiheikik hihang. I nuntakna lui-a i neih ngei nailoh na khat Khasiangtho in hong pia a tua pen upna letsong hi! (Rom. 10:17).

Upna pen i nuntakna ah hong taksuak hehpihna hi. Upna tawh Pasion hehpihna eite kiangah hong pai hi. Eite leh Pasion kikal ah upna in zawi hong bawl hi. Tua tungtawn in eite tungah Pasion hehpihna hong pai thei hi. Upna lo tawh Pasion hehpihna ngah theilo hihang. Pasion kammal eite sung-ah i ngah ciangin tua hehpihna tui zawn pen hong piang hi.

2. **Upna pen THUMAN hi** (Jude 3)

Thuciamthak sung thupi pang tampite ah upna cih kammal pen a mai-a, a kician genna (definite artical) tawh hong kilang zelzel a, tua pen tua upna (the faith) ahi hi. Hih in a genkop pen upna tawh kisai a kician na khat om cihna hi. Tua pen hih lai ah kihel hi. Zeisu sungah Pasion hong kilaakna a um cih thuman pumpi khat om hi. Tua pen upna bulphuh ahi thuman ahi hi. Upna pen i neihsa ngaihsutna hoih khat maw lungsim ngaihsut i tuahkhat khatpeuh tungah kinga lo hi. Hih pen Zeisu sunga a kipulaak Pasion nasep leh kammal tungah kinga hi.

3. **Upna pen LETSONG hi** (1Cor. 12:9)

Hih upna letsong pen a tuam vilvel thu leh kispna ading ahihi, a dang Khasiangtho letsongte angin, i mihing pianken lui-in a neih loh septheihna leh bawltheihna khat hih upna letsong in hong tun hi. Hih upna letsong in a piang theilo ding khat en in, "hih pen kizo ding hi" ci-in awng hi. Hih bang dan upna pen i ci le sa leh mihing lungsim ading mindaina khat hi mai hi. Banghang hiam cihleh, hih pen naupang banga Pasion tunga kipum-ngakna hi. Hih in eima hatnate leh geelnate tawh ei lampite sepkhiat ding hemkhia a, a kizam hun-a i kisp huhna hong pia dingin i vantung Pa hehpihna tungah a thak in eite hong kipia sak hi.

4. **Upna pen VANGLIATNA hi**

Upna pen thupi mahmah, thahat, muibun in vanglian mahmah hi. Laiasiangtho sung ah upna thu i zak sim in, a vanglian thu khat piang hi (Acts 3:16; Matt.21:22; Mark 11:22,23; John 14:12-14).

5. **Upna pen GUALZAWHNA hi.**

Upna nei mite pen a tawntung in leitung ngeinate koici thallot ding cih thusim khat a theite hi tawntung hi (1 Jn. 5:4). Tuat in Pasion Gam galte koici nan zawh ding cih thei uh hi. Upna leh thumannate kizom den hi. Upna in Pasion Kammal hong umsak thei a, tua thu a tangtun theihna dingin hong thumangsak hi.

d) Upna leh Pasion Kammal

Upna leh Pasion Kammal tawnkhawm hi. Upna pen ngaihsutna hoihkhat zatkhiatna hi lo hi. Upna maan khat pen Pasion kiangpan kammal khat tungah kinga hi (Isa. 55:11). A lawphuai thuman Upna in a pulak khat pen Pasion pen kizoppih theih Pasion hi. Dinmun khempeuh ah gennop khat nei tawntung a, a gennop i ngaih leh hong gen thu za ding hihang. Pasion Kammal in upna piangsak in upna sam hi (Rom. 10:17 AV). I dinmun ading Pasion Kammal i zak mateng in upna maan ah kinungta thei lo hi. Tua khit ciangin hih kammal in ei kiang pan upna hong kal a, tua tungah kiding thei hi. Nakhat ading thungetna leh upna tunga dinna kilamdang hi. Nakhat peuh ngetna in tua thu kician ding maw kician lo ding cih na lungsim sunga a pong pi-a na geelna hizaw hi. Upna tunga dinna bel Pasion kiang pan-a kamal tawh kizui-a kila, ngaihsutna hi. Thu khempeuh kitelcian thei ding a, a kician lampi ah tua upna tangtung ding hi cih pen, tua hun lian in kitello thei hi. Ahizong in upna-in thei hi. Upna in tua thu ah sungram theihel na nei a, hong piang ding thu a kitel nading a a bawl dingin lungsim khensatna nei hi.

"Tu in upna in, i lamette telcianna leh i muhlohte theihtelna ahi hi." (Heb. 11:1). Tua hi a, upna leh i ngaihsut hoih khat kilamdanna pen Pasion Kammal ahihi. Hi pen mite a khialh theihna mun ahi hi. Banghang hiam cihleh, bangmah ngah lopi-in amau mihing lunggulh nate leh tupnate ki-uksak in Pasion kilaakna a ngah in kigen uh hi. Mihing lampan in upna nuntakna tawh kithuah kikhap ngamna khat om hi. John Wimber in upna pen kikhaamna, kingamna ci a malgawm ding deih hi. Upna dinmunte ah Khasiangtho in Laisiangthote zang thei pahpah hi. Banghang hiam cihleh eite ading khatvei a ciapteh khit nak leh, tuate ki-lemkik thei-in a kikhel lohna mukhia thei hihang. Na tuahkhak thu na phawkna ah kinga lo a, ama deihna genna leh theihtel takpina-ah kitel baihzaw uh hi. A hih in bel kamsanna, mangmuhna leh hilhna cihte tungtawn in Pasion kiang pan kammal khat ngah thei hihang.

e) Pasion Kammal in Eite ading hong Sepsak Thu-ngate

1. **Hih in i sungah Upna hong piangsak hi** (Rom 10:8-7). Hih Pasion kiangpan-a kammal lo tawh upna cih om theilo ding hi. Upna pen a kikhel ngeilo Pasion omzia tungah leh (James 1:17AV; Psa. 9:10). Ama kammal tungah kinga hi (Num. 23:19).
2. **Hihin eite ading Upna hong bawlkholhsak hi** (1Jn. 3:21). Pasion Kammal pen vanglian hi. Hih in i lungsim leh kha, guh leh thaguite nangawn vutlet in, i lungtang ngaihsutna leh lungsim puakte thukhen hi (Heb. 4:12). Pasion kammal in i lungsim khente ahi (tuate pen, lungsim, lungsimlawpna, leh utna te) pen i kha khente ahi (Khasiangtho kihelna leh Pasion-i phawktel theihna) pan khen khiat thei hi. Hih in i guhte (tua pen i pumpi khente hi a, sisan huite a piangsak leh tua pan-a nuntakna a piangsak pen hi) khen thei hi. Zeisu nungzuite i hihna tawh eite in i gamtatkhiaht ding kisam a, ahizong in tua gamtat khiatna ding ziakin buai lua leh kin lua cih banga om ding hilo hi. Pasion ading nasepte bek i sepding kisam hi. Banghang hiam cihleh tua nasepte in nuntakna nei a, nuntakna piangsak hi. I tungtang ngaihsutna leh lungphutte i khentelna dingin zong Pasion kammal kisam hihang. Pasion sungah ngaihsutnate leh lunggelnate i khansak ding kisam a, ahizong in tua i ngaihsutnate kimatcip ding leh: picin nading deh kikhel nading utlohna dinga a kikhel ngei lo lungphut khauhte i neih loh ding kisam hi.

I nuntakna sungah a khial khat a om laiteng in i vantung Pa' omna mun ah khalam lungmuanna maan tawh tung theilo hihang. Hih pen Pasion Kammal i zonna nuai-ah i nuntak nadinga i kisap hansanna ahi hi (Heb. 4:1,13).

3. Hih in Upna sungah hong omtheisak hi

Pasion kammal a thupina pen i pianken lui-a ngaihsutnate leh lungphutte tawh a kilehbulh in maantak-a gamtatna khat hong pia hi. I lungsim pen upna nuntakna ah thupi mahmah hi. Eite pen i phawk theihna ngate (five senses အာရုံငါးဝါး) thu zawhna nuai-ah puk baih mahmah hihang. Satan in i lawmthei leh a kilangtang nate ah sal hong tansak ding in han ciam hi. I mittang mai-a i muhpah nate tanciang bek ah i nuntak ding Satan i hong deih hi. Pasion ngimna pen i lungsim puakte i thak suahsak ding ahi hi (Rom. 12:2). A nungta Pasion Kammal vangliatna sungah i din ding ahi hi.

4. Hih in Upna sungah Lam hong lak hi (Isaiah 30:21)

Pasion hong piak na sep theih nate thei bek lo in i zat theih nading in eite lam hong lak dingin Pasion Kammal bek mah hi. Pasion in a Kammalte a gen teh

muang thei hihang. Banghang hiam cihleh dinmun omziate Amah in uk in kem a, a hoihpen Amah ih thei hi.

5. **Hih in Eite Sungah Upna Kipsak hi**

I upna sungah i din paisuak theih nading in Pasion in Kammal khat eite hong pia tawntung dinghi (Isaiah 66:9).

f) **Upna Khaktanna Ngate**

1. Upmawh kholhna (Pro.3:5; Jer. 23:25-32).
2. Launa (Mk. 4:40; Jn. 14:1).
3. Pasion kiangpan sangin mite kiangpan minthanna leh phatna zonna (Jn. 5:44).
4. Upkhialhna/Uplahna (James 1:6-8; Mk. 11:23).
5. Pasion Kammal man lohna leh Amah a lungkimsak nate sephlohna pan-a hong mengkhia kisuanna lungsim (1Jn. 3:21-22).

g) **Na Pasion Neu Lua**

Pasion i muhna i neuseh leh a kizam zah in i upna khangto ngeilo ding cih Satan in thei hi. Pasion pen upna thu ah a lianpen hi! Pasion pen nungta in gamtang hi. Khua vannuai a bawl Pasion tawh a kizom dingin eite hong kikoih hi. Upna pen Pasion sungah sinna lian khat tawh kibang hi. Pasion a omkeileh i upna puk ding hi. A taktak in i up zahzah in Pasion liatzah lak hi. Pasion in Ama mite kiangah Amah a sin nading un sam hi (Mal. 3:10). Hih pen Christiante upna thu ahi hi. Sihna pan Zeisu a thawhsak lai-a a vanglian Pasion hatna pen eite upna dungzui-in kingah thei hi (Eph 1:19-20).

h) **Nang Neu Lua hiteh**

Pasion i muhna tunga hong dona ah Satan a guallelh leh ei le ei i kimuhna ah hong kihei hi. Ama sep pen banghiam cihleh, i ci le sa leh i pianken ngeina a thaneemnate i theihna tawh kipan khia a, Pasion sang leh ei le ei sungah i upna a omvawnloh dong in a kilawm a kitnakim hong paih khiat sak hi. Mitampite in tua bang in amau leh amau kineu muhna tawh nungta uh ahihman in upna pen a piang theilo in mu uh hi. Zeisu sungah eite kuate i hiam ci-a, eite hihna sungah i tum ding kizam hi.

Laisiangtho in hici gen hi:-

"Mikhat peuh in Khazih sungah a om leh, a lui nate kikhel in a thak a piang zo hi." (2Cor. 5:17).

Khazih sungah ei le ei i kimuh ding leh i mawhken pianzia lui thanemnate khenga i ki-et ding kizam hi. Vai khat peuh-ah upna sungah i din ciangin, tua thu pen a thupipen-a i et na dingin i kisapna zangin tua nate Satan in zang ding hi. Psasion kammal tungah i uplah nading hong bawl in hong ze-et ding a, upna tawh sittelna tawmkhat tawh i gawmkhop dingin hong ze-et ding hi. Tua ciangin thanem i kisakna, kilawm kituaklo i kisakna, khuazinna, lungkiatna, lungneuna, lamet beina leh sihna nangawn tawh hong ze-et ding hi. Ahizong in hi nate khempeuh pen thuman taktak hilo hi! Thuman taktak pen Pasion hi. Thuman tak tak pen Zeisu sunga Pasion hong sepsaksate ahi hi. Hi pen Pasion in Ama Khasiangtho vangliatna sungah eite adinga hong sep saksa leh hong sepsak lai ding thu ahi hi. Hih pen thuman taktak pan geelkhiatna lampi hilo hi. Hih pen haksatnate omlo hi ci a, hanciamna leh kineihna hilo hi. Upna pen ngaihsutna ciang hilo hi. Natna om takpi na pen a nial hilo hihang. Aih keileh dinmun thuman tuamtuanmte zong nolh lo hihang. Upna in a lahkhiat dotna pen- tulaitak lian-a a piang thute sang a sangzaw thuman a om

hiam? cih ahi hi. Upna in, 'Hi e, om lua' ci-in kiko hi. Tua thuman pen Pasion hi! Abraham in tua thumante a phukha aih leh, tuate in koi ah amah nusia hiam? Abraham in a galkhat en in Pasion kamciamte muang hi (Heb. 11:12). Upna pen deihteelna mun ah om den hi. Pasion teci panna leh mite teci panna kikal ah i teel ding ahi hi. Nate ahi bangbang leh ahih tuak bang maw, Ama ading a piang theilo bangmah omlo hi a ci Pasion tawh upna sungah maw, ei teel ding ahi hi.

Upna in Pasion mitsuan hi. Upna in Pasion vangliatna mu hi. Upna pen Pasion kammal tungah kinga hi. Upna in Pasion kamciamte pulak hi. Upna in Pasion vangliatna sungah gamtang hi. Upna pen a kipatna pan a tawpna dongah Pasion kiangpan ahi hi. Hih pen Ama lungtang pan kipan-a, eite lungtengah hong suan hi. Tua hang mah in upna pen gualzawhna hi, banghang hiam cihleh,

"Leitunga ompa sangin, no sunga ompa lianzaw hi." (1Jn. 4:4).

i) A Mui bun Upna-ah Kal Sagihte

1. Pa tawh kizopna lamna

Zeisu in a nungzuite thunget ding a hilh ciangin vantunga a Pa uh kiangah a nget dingun hilh hi (Matt.6:9). Eite pen Pasion tate ihi hi (Rom. 8:16). I vantung Pa i upna bulpi ahi hi. Hih kizopna a kitatsak khatpeuh in i upna zong sut hi (1John 3:21-22). I upna lungtengah i Pa Pasion leh a tate ahi eite kikal-a kizopna khat a kihon ding kisam hi. Na tampite a ngen dingin Ama kiangah pai hihang. Ama mittang en in i kikal ah lungmuanna khat a omna i theih ding kisam hi (1John 1:8-9). Upna a siangtho pen tung ah hoih bel hi. Tua hi a, i vantung Pa tawh i nisim thute ah a nunung pen-a i om ding kisam hi.

2. Pasion-thu ngaihna

Upna pen Pasion Kammal ngaihna tungah kingahi. Thu khat ah Pasion kammal khatvei i zakkhit leh, a sawt phial zongin Ama dawnkikna, ngak zo thei hihang. Pasion kammal i ngak ding thupi hi. Pasion kammal sittel in, lenkip in, tua upna munkip tungah i din ding kisam hi.

3. Na Ebenezer-te Lam in

Thuciamlui sungah Ebenezer pen Pasion in a piak huhnate teci dinga kiphut suangphuhte ahi hi. Gentehna in 1Samuel 7:12. Hih in tua khang hun leh mailam khang hun adinga Pasion hoihna teci ahi hi. Upna pen upna tungah kilam hi. Upna sungah na pai semsem leh na mimal tecipanna ah Pasion hotkhiatna vangliatna na nei semsem ding hi. Tua hang mah in upna nei mi taktakte in Pasion sunga a lungmuanna vuah kiling ngeilo uh hi. Tuate in, Ebenezer tausang tungah hong tunpilh thei hi. Khat veivei a beisa hun-a nang adinga Pasion hong sepsaksa nate ah upna tawh na etkik ding kisam hi. Tuate om takpi-in a kisia theilo Pasion hoihna tecite bangin ding lai uh hi.

4. Khasiangtho letsongte zang in.

1Cor. 12:7-11 sim lecin, na upna nuntakna adinga a kizang thei tetsong tuamtuamte khempeuh Pasion hong piakna mu ding hiteh. Khalam thutheihelna leh pilnate om a, thu khentel theihna leh upna letsongte om hi. Tuate pen upna nuntakna adinga Pasion hong piak khenkhat hi a, tuate a zong leha kisam mite ading in kingah thei hi. Thu pawlkhatte ah Pasion lungsim i zon nading in kamtuam pauna letsong pen kituak phadeuh hi. Pasion Khasiangtho in na a sep nading mun i piak

ding kiasm hi. Banghang hiam cihleh koici banga thungen ding cih amah in thei hi (Rom. 8:26).

5. **Upna Sungah Ngen in**

Zeisu hihna ah,

“Ngen un, hong kipia ding hi; zongun na mu dinguh hi; kongkhak kik un, hong kihon ding hi.” (Luke 11:9).

Upna pen Pasion deihna theihna hi a, tua ngetna kipsak nadinga Pa mai-ah tua theihna tawh paiziau lelma hi. Mi a tamzawte in theihlopi-in thungen uh a, tua ahihman in a thungetna uh ngah uh leh ngahloh uh theician lo hihang. A lawphuai bel leh khatveivei i upna in a sepna a sawt penpen in, upna sungah thungetna hilo in, upna sungah theihcianna ahi hi. Khatvei kitheihcian nakleh, lungmuanna lian leh, Khasiangtho sunga kitelcianna leh bang tanvei sawt phial taleh tua dawnna hong taksuah nading in hong kilatna i tel cianna khat om hi (Mark 11:24).

6. **Satan Kiangpan Khahkhiatna Ngah in**

Pasion hih theihnate Ama ading bek-a zat dinga pulak ding kiasm hi. Sum vai leh vangliatna thute ah Satan in a lauhuai mahmah peipuangna len hi. Pasion aa ahi takpi na khat dawhkik ding leh mite zawngsak in Pasion Gam adinga mite nasepna a kiasap nading un hanciam tawntung hi. Hih thupen thuman hilo a, phatna leh thungetna tawh hihmate dawimangpa khutsung pan kikhihnate khahkhiat theih nading in, koici dal ding cih sin ding kiasm hi. Hih pen i thungetnate i galpa in a theihloh nading a i sin ding a kiasapna hang ahi hi. Eite in ama kiang pan bangmah ngenlo in, Pasion aa ahi na hoih khatpeuh a khaktan nading pan-a i phalloh lam i theihsakna ahi hi. Launa pen upna sungah mite a manawt nading pan a khaam thute hi thei gige hi. Hih pen Pasion kiang pan hilo hi (2Tim. 1:7). I galpa i zawh nading thuneihna Zeisu sungah hong kipiak khitna leh Zeisu min ah a kiasm nate khahkhiat nading i muhtheih ding kiasm hi (Col 2:15; 3:17).

7. **Kammal Masa-ah Paikik in.**

Upna khamuanna i ngah khit ciangin, apkhapna khaicite tungtawn-a dona ah puk baih thei tawntung hihang. Tua bang hunte ah lungmuanna kammal masate ah i kilehkik ding kiasm hi. Pasion pen buaina Pasion hilo in a kituak dimdiam a kilekkim Pasion ahi hi. Buaina taktakte sungah na tun leh tua na haksatna pen na muan theih dinga na theih upna nei mipa khat tawh kikum khawm in.

Zeisu in hici gen hi:-

“Mihing Tapa hong pai ciangin leitungah upna a mu diam?” (Luke 18:8).

j) **Dotnate leh Kikup Khopnate**

1. Abraham nuntakna pan bang upna thute sin thei i hiam? (Rom. 4:17-20).
2. Hih pen a min phuak in i pulak thei hiam?
3. Bang hangin upna pen lauhuai ahi hiam?
4. Bang hangin amah leh amah a kithupi sim lo mite in upna pen haksa sa in, a piang theilo nangawn in mu uh hiam?
5. I upna dinmun koici phawk theih ding cih i theih nading in ahi bang leh bulphuh omtak in lahkhiat theih nading thu khatpeuh a om hiam?
6. I upna nak leh eite hong huh kua ahi hiam?
7. I muh leh Pasion gen thu a taktak mah hiam?

k) Tomlakna leh zatpahna

1. Upna in Pasion vangliatna khahkhia hi.
2. Upna pen vantung lam a nga muanna hi a, leitung lam a nga upna hilo hi.
3. Thu-um Christian khat ihih theih nadingin Upna sungah leh upna sunglam ah suakthak ding cihna hi. Zeisu hong tona pen i suahtakna thuneihna ah i maan ding leh upna tawh i nuntak ding ahi hi.
4. Upna pen i nuntakna sungah i ngah sa Pasion Kammal thaman ahi hi.
5. Pasion leh a Kammal (Laisiangtho) i theihna bang tawh upna khangto ding hi.
6. Upna pen ei le ei hahkatna tawh khangto lo a, Pasion i etna tungtawn in khangto hi (Heb. 12:2; Mark 11:22).
7. I upna zah in i Pasion golna cia lakkhia hi.