

UPNANA NEI

A person is kneeling in a field of tall grass, facing away from the camera and looking towards a bright sunrise. The sun is low on the horizon, creating a lens flare effect with rays of light. In the foreground, an open book with white pages and a dark cover lies on the grass. The background shows rolling hills and a line of trees under a cloudy sky. The overall mood is peaceful and contemplative.

May 23, 2026 ading Lesson 8



“Tu-in upna
in i lamet
nate tungah
lungmuan'na
le a kimu
nailo nate
telcianna ahi
hi.”

(Hebrews 11:1, zsv)

Pasian theihna, Lai Siangtho sinna, le thungetnate i nuntakna ah kikhelna a piangsak thei thute ahih nadingin thukhat neih kul hi: upna.

Upna om lo-in, hih thute pen theihna lel ahihkeileh khiatna neilo biakna ngeina lel suak hi.

Ahi zongin upna tawh, tua te in i kha lam nuntakna a sang pen mun ah hong tunpih ding thahatna thupi takte ahi uh a: "a um mi khempeuh a dingin bang khempeuh hi thei hi" (Mark 9:23).



Upna nam tuamtuate:

- ↔ Upna le ciaptehnate
- Upna tehna
- ↔ Upna le lungsim phawngna

Upna icih bang hiam?

- Upna hilhcianna le khantohna
- ↔ Zeisu upna

**UPNA NAM
TUAMTUAMTE**

UPNA LE CIAPTEHNATE

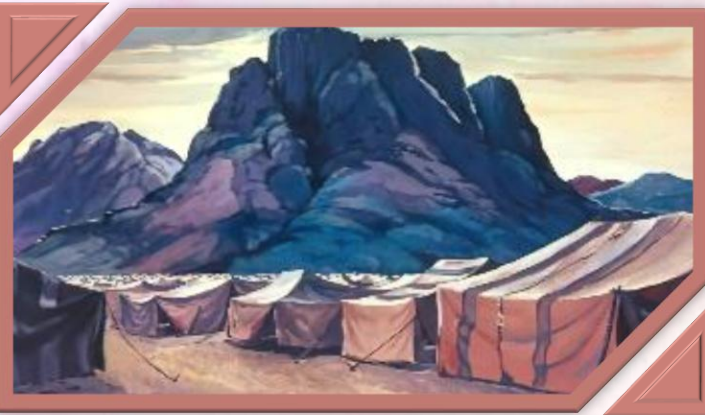
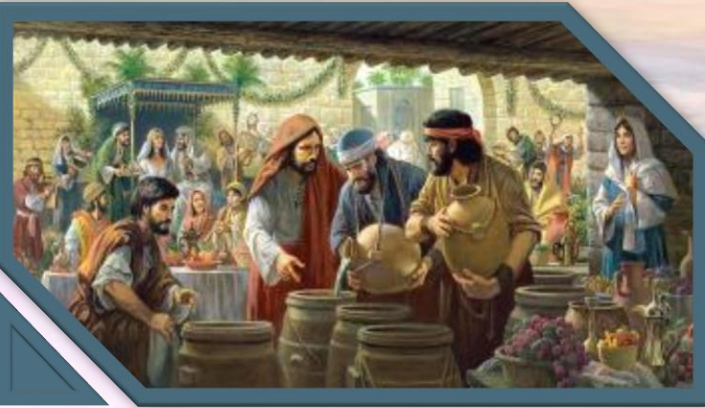
Zeisu in ama kiangah, "Note in lim le na lamdang lian ka bawl na muh kei uhleh Topa ka hihna thu na hong um kei ding uh hi" (John 4:48)

Ciaptehna kici pen thupuak khat thukip nadingin ahieh keileh Pasion' thu neihna thukip nadingin lahna ahieh keileh ciaptehna tuam deuh khat ahieh. Ciaptehna kici pen thulamdang khat hi-in kingaihsun himahleh—Cana khua-a mopawi bangin (John 2:11)—Israel mite in Pasion bia dingin Sinai Mual mai-ah phual a satna uh thu (Pai. 3:12) zong ciaptehna khat mah in kipia hi.

Phariseete in Zeisu kiangah ah "Messiah na hihna ka up theih nading un teci nalamdang khat hong lak in" ci-in ngen uh hi (Mark 8:11).

Amau in upna a neih lohna uh hangin lim le ciaptehna a ngen uh ciangin Zeisu lungsim gim mahmah hi (Mark 8:12). Mi khat in a up keileh, lim le vang khat zongin a lungsim zozo lo ding hi.

Pasion in Ama Thu le piangsak nate sungah teci kicing takin pia khin a, a um nuam khempeuh in a up theih nadingun lampi kicing om hi. Ahizong in uplahna om gige hi. Tua ahiehmanin Zeisu in "mulo napi-a a umte" tungah thupha tuam piak hi (John 20:29).



UPNA TEHNA

Topa in, "Ankam tang cia a pha upna nei le uh cin, hih nailung kung kiangah, 'Kizung lot inla tuipi sungah va po in,' cile uh cin nacih bangun piangzo ding hi." (Luke 17:6)

Upna tehna nam tuamtuan a om hi:



Sawltakte upna



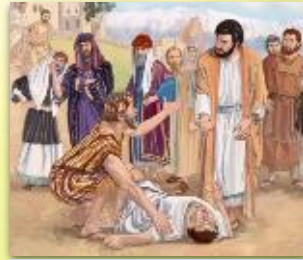
"Banghang in upna neilo na hiam?"
(Mark 4:40)

Peter' upna



"Upna neu note aw!"
(Matt. 14:31)

Pa' upna



"Ka uplah na huh hong huh in"
(Mark 9:24)

Canaan numeinu upna



"Na upna lian hi"
(Matt. 15:28)

Centurion' upna



"Israel mite lakah hi bang upna lian kamu nei kei hi"
(Luke 7:9)

Stephen' upna



"Upna kidim mipa"
(Sawl. 6:5)

Uplahna zungte botkhia ahiah ciangin upna khangthei hi cih kician mahmah hi. Upna in uplahna damdam in zo ding hi. I ngetna hi bang hi: "Ka upna hong khang sak in" (Luke 17:5).

Kha Siangtho nasepna, Lai Siangtho sinna, le Pasion tawh i kithuah khaknate tung tawnin, "i upna khang hi" cih i mu thei ding hi. (2Th. 1:3).



UPNA LE LUNGSIM PHAWNGNA

"Note' upna hangin Pasion' hong hehpihna tawh hotkhiatna a ngah na hi uh hi.
Note' thalawhna hangin a ngah hiloin Pasion' hong piakkhong ahi hi." (Ephesus 2:8)

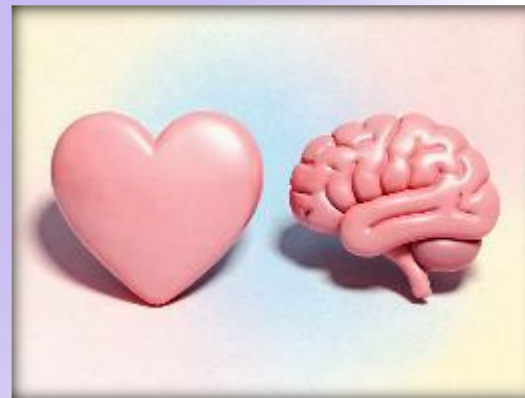
Upna pen lungsim phawngna pan maw, ahihkeileh ngaihsutna tawh sepna ahi hiam?

Hih dotna a dawnna pen thupi hi. "Hotkhiatna nei KISA ing" cihleh "Hotkhiatna nei cih KA THEI hi" cih pen kibang lo hi.

Ahih hangin a kipatna pan kipan ni. Upna kipatna bang ahi hiam? Upna pen Pasion' kiang pan hong pai hi a, amah in letsong bangin ei hong pia hi (Rom. 12:3; Eph. 2:8).

Tua letsong tungah lungdamna tawh i dawn ciangin—upna i zat ciangin—tua upna in i sungah lungdamna bang lungsimte piangsak hi; daihna; khalam tawldamna phawkna; ...

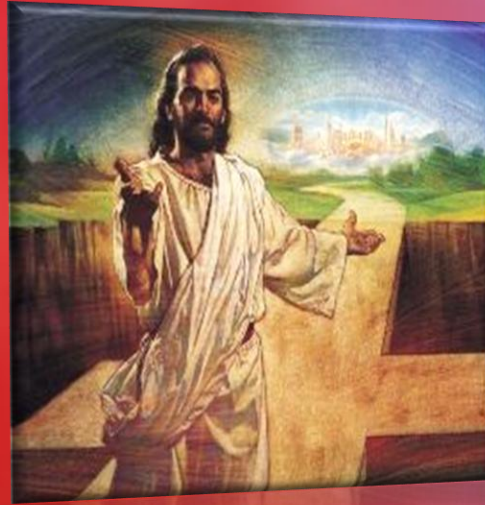
Ahi zongin upna taktak pen lungsim sunga om thu khat hilo-in, "muanna" le "kicianna" ahi hi (Heb. 11:1). I lungsim omzia tungah kinga thil hi lo hi. Ka thanem hun, ahih keileh hotkhiatna gamla lua ka kisak hun, tua hun pen upna neih mahmah hun ding ahi hi.



The background features several colored pencils (red, purple, green, yellow) lying horizontally. A white rectangular box is centered over the pencils, containing the text. The text is in a bold, purple, sans-serif font with a thin white outline and a slight drop shadow.

**UPNA ICIH BANG
HIAM?**

UPNA HILHCIANNA LE KHANTOHNNA



Hebrew 11:1, 3, le 6 in upna kicuh bang hiam cih kician takin honglak hi. Upna in Pasian i ngaih sutna tawh kisai mahmah hi. Tua in eite Ama tungah Paiangsakpa le Thaman piapa ci-in upna hong neisak hi.

Hih khen a omlai khempeuh ah, Paul in thupha i ngah ding i ngak laitak lungkiat loh na dingin, etteh ding le tha lakna ahi ding pasal le numei tampite' upna thu gen hi.

I muhsa mah bangin, upna i neih dan i vekpi in i kibang kim kei hi. Ka upna a tawm hitaleh a tam hitaleh, bangci bnagin khang sak thei ding ka hi hiam?

"Upna nei i cih ciangin i muhtheih nailoh i lamette ngah takpi ding, ci-in muan'na lungsim neihna ahi hi."
(Hebrews 11:1)



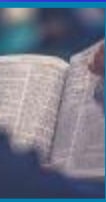
Upna zang in, aneu phail zongin (Matt. 17:20)



Pasian kiang ah behlap dingin ngen in (Luke 17:5)



Ka upna midangte tung ah nga ken (Matt. 25:8)



Lai Siangtho sim in (Rom. 10:17)



Uplahna ah lungkia kei in (Mark 9:23-24)



Kha Siangtho dawnna (Gal. 5:22)



Ka upna mantakin zang (2 Cor. 5:7)





ZEISU UPNA

"Pasian' thupiakna zui-in Zeisu tungah a citak Pasian' mite-a' dingin thuakzawhna kism hi." (Mangmuha 14:12)

Zeisu hong paikik ding hun tawh a kinai-a a nungta upna a nei mite in, i "kem" (zuih ding ahih keileh cin ding) ding thu nih tawh kilamdangna i nei hi: Zeisu thupiakte le upna (Mang. 14:12).

Thukham (thupiakte) le Lungdamna Thu (upna) pen kigawm hi. Upna neilo-in thumang theilo a, thumang lo-in zong upna kici theilo hi. Ahih hangin "Zeisu' upna" kici pen bang cihna hiam?



Zeisu le Ama kammal tungah thumang un



Zeisu tawh nisimin kithuah khakna neihna



Zeisu i nuntakna laizang ah koihna



I upna zui-in nungta ding



I upna Zeisu tungah bulphuh ding



I nuntakna ah Zeisu langhsak ding



Ama hehpihna letsong sang in



Zeisu i upna hangin dikna ngah (Rom. 5:1), siangtho i ngah a (Sawltak 26:18), le Pasian' tate cihna i ngah hi (John 1:12).

“Tua ahih ciangin, lampi dik sungah sialsial in nangmah hong makaih nadingin Topa Zeisu muang in. Na kalsuan totohna khempeuh ah muanna le thahatna na ngah thei hi, banghang hiam cihleh na khut pen Ama khut sungah om hi cih na muang thei hi. Na tai hangin na gim kei ding a, na pai hangin na thazawm kei ding hi; banghang hiam cihleh upna tawh Khrist khut sungah na khut a omna na phawk thei hi. Lungkiatna sungah na tum kei ding hi, banghang hiam cihleh Topa na theih semsem nading na zuih a, Ama tungah muanna na ngak ciangin, Ama tungah a muang taktakte a nusia ngeilo Pa in na panpihpa tawntung ahihna muanna na nei ding hi.”

EGW (Our Father Cares, October 27)