

unfoldingWord® Literal Text

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Ephesians

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Ephesians

1 Paul, an apostle of Christ Jesus through the will of God,
to the saints, the ones being [in Ephesus][a] and faithful in
Christ Jesus. 2 Grace to you and peace from God our Father
and the Lord Jesus Christ.

3 Blessed *be* the God and Father of our Lord Jesus Christ,
the one having blessed us with every spiritual blessing in the
heavenly *places* in Christ, 4 just as he chose us in him from
the foundation of the world, *for* us to be holy and blameless
before him. In love 5 he predestined us for adoption through
Jesus Christ to himself, according to the good pleasure of his
will, 6 to the praise of the glory of his grace that he has freely
given us in the Beloved One, 7 in whom we have redemption
through his blood, the forgiveness of the trespasses, according
to the riches of his grace, 8 which he caused to abound to
us in all wisdom and understanding. 9 He made known to us
the mystery of his will according to his good pleasure, which
he had planned in him, 10 with a view to an administration
of the fullness of time, to bring all the things together in
Christ, the things in the heavens and the things on earth,
in him, 11 in whom we were also allotted as a possession.
We were predestined according to the purpose of the one
working out everything according to the counsel of his will,
12 so that we, the ones having first hoped in Christ, would
be for the praise of his glory. 13 In him, you also, having
heard the word of truth, the gospel of your salvation, and
having believed in him, were sealed with the promised Holy
Spirit, 14 who is a down payment of our inheritance until the
redemption of the full possession, to the praise of his glory.

15 Because of this, I also, having heard about your faith in
the Lord Jesus and the love[b] for all the saints, 16 I have not
stopped giving thanks for you, making mention *of you* in my
prayers, 17 so that the God of our Lord Jesus Christ, the Father
of glory, would give to you a spirit of wisdom and revelation
in the knowledge of him, 18 the eyes of your heart having
been enlightened *for* you to know what is the hope of his
calling *and* what *are* the riches of the glory of his inheritance
in the saints, 19 and what *is* the incomparable greatness of
his power toward us, the ones believing, according to the
working of the force of his strength, 20 which he worked in
Christ, having raised him from the dead and seated *him* at his
right hand in the heavenly places, 21 far above all rule and
authority and power and dominion and every name being
named, not only in this age, but also in the one coming.
22 And he put all things under his feet and gave him *as* head
over all things to the church, 23 which is his body, the fullness
of the one filling all in all.

2 And you were dead in your trespasses and sins, 2 in
which you once walked according to the age of this
world, according to the ruler of the authorities of the air, the
spirit that is now working in the sons of disobedience, 3 in
which we all also once lived in the evil desires of our flesh,
fulfilling the desires of the body and of the minds. And we
were by nature children of wrath, as also the rest. 4 But God
being rich in mercy because of his great love with which he
loved us, 5 and we being dead in the trespasses, he made us
alive together in Christ—by grace you have been saved—
6 and raised us up with *him* and seated us with *him* in the
heavenly places in Christ Jesus, 7 so that in the ages that
are coming he might show the immeasurably great riches
of his grace in his kindness to us in Christ Jesus. 8 For by
grace you have been saved through faith, and this *is* not from
yourselves; *it is* the gift of God, 9 not from works, so that no
one may boast. 10 For we are his workmanship, created in
Christ Jesus for good works that God prepared beforehand,
so that we would walk in them.

11 Therefore, remember that once you *were* Gentiles in
the flesh, the ones being called "uncircumcised" by the
ones being called "circumcised" in the flesh, performed by
human hands. 12 For at that time you were apart from Christ,
excluded from the community of Israel, and strangers to
the covenants of the promise, having no hope and without
God in the world. 13 But now in Christ Jesus you, the ones
once being far away have been brought near by the blood
of Christ. 14 For he himself is our peace, the one having
made the two one and destroyed in his flesh the middle
wall of partition, the hostility. 15 He abolished the law of
the commandments in regulations so that he might make
the two into one new man in himself, making peace, 16 and
so that he might reconcile both to God as one body through
the cross, putting to death the hostility in it. 17 And he came
and proclaimed peace to you, the ones far away and peace
to the ones near, 18 for through him both have access in one
Spirit to the Father. 19 So then, you are no longer strangers
and foreigners. Instead, you are fellow citizens with the
saints and *members* of the household of God, 20 having been
built on the foundation of the apostles and prophets, Christ
Jesus himself being the cornerstone, 21 in whom the whole
building, being fit together, grows into a holy temple in the
Lord, 22 in whom you also are being built together into a
dwelling place for God in the Spirit.

3 For this reason I, Paul, the prisoner of Christ Jesus on
behalf of you Gentiles, 2 if indeed you have heard of
the stewardship of the grace of God that was given to me
for you, 3 according to a revelation made known to me, the
mystery about which I already wrote in brief. 4 Concerning
that, reading *it*, you will be able to understand my insight
into the mystery of Christ, 5 which in other generations was
not made known to the sons of men as it now has been
revealed by the Spirit to his holy apostles and prophets—
6 that the Gentiles are to be fellow heirs and fellow members
of the body, and fellow partakers of the promise in Christ
Jesus through the gospel, 7 for which I became a servant by
the gift of the grace of God that was given to me through
the working of his power. 8 To me—the least of all the
saints—this grace was given, to preach to the Gentiles the
unsearchable riches of Christ, 9 and to reveal for everyone
what *is* the administration of the mystery that was hidden
from the ages in God, the one having created all things, 10 so
that now through the church the multifaceted wisdom of God
might be made known to the rulers and to the authorities
in the heavenly places, 11 according to the eternal purpose
that he accomplished in Christ Jesus our Lord, 12 in whom
we have boldness and access with confidence through faith

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[a] Many early versions do not include *in Ephesus.*

[b] Some manuscripts do not include *love*, but the best manuscripts include it.

in him. 13 Therefore, I ask you not to be discouraged by my
sufferings for you, which is your glory.
14 For this reason I bend my knees to the Father, 15 from
whom every family in heaven and on earth is named, 16 so
that he would grant you, according to the riches of his glory,
to be strengthened with power through his Spirit in the inner
man, 17 that Christ may live in your hearts through faith,
being rooted and grounded in love, 18 so that you may be
fully able to comprehend, along with all the saints, what *is*
the width and length and height and depth, 19 and to know
the love of Christ surpassing knowledge, so that you may be
filled with all the fullness of God.
20 And to the one being able to do exceedingly abundantly
above all that we ask or think, according to the power that
is working in us, 21 to him *be* the glory in the church and in
Christ Jesus to all generations forever *and* ever. Amen.

4 Therefore I, the prisoner for the Lord, urge you to walk
worthily of the calling by which you were called, 2 with
all humility and gentleness, with patience, putting up with
one another in love, 3 doing your best to keep the unity
of the Spirit in the bond of peace. 4 *There is* one body and
one Spirit, just as also you were called in one hope of your
calling, 5 one Lord, one faith, one baptism, 6 one God and
Father of all, the one over all and through all and in all.
7 And to each one of us this grace has been given according
to the measure of the gift of Christ. 8 Therefore it says:

> "Having ascended to the heights,
> he led captives into captivity,
> *and* he gave gifts to men."

9 And this "He ascended," what is it except that he also
descended into the lower regions of the earth? 10 The one
having descended is also himself the one having ascended
far above all the heavens, so that he might fill all things.
11 And he himself gave the apostles, and the prophets, and the
evangelists, and the pastors and teachers, 12 for the equipping
of the saints for the work of serving, for building up of the
body of Christ, 13 until we all reach to the unity of the faith
and the knowledge of the Son of God, to a mature man, to
the measure of the stature of the fullness of Christ, 14 so that
we may no longer be children tossed back and forth by the
waves and carried away by every wind of teaching through
the trickery of men in cleverness for deceitful scheming.
15 Instead, speaking truth in love, let us grow up in all
things into him who is the head, *even* Christ, 16 from whom
the whole body, being joined and held together by every
supporting ligament, according to the working in measure
of each individual part, causes the growth of the body for
building up itself in love.
17 Therefore, I say this and strongly urge you in the Lord,
to walk no longer as the Gentiles also walk, in futility of their
minds. 18 They have been darkened in their understanding,
being alienated from the life of God because of the ignorance
that is in them, because of the hardness of their hearts.
19 They, being dead to all feeling, handed themselves over
to sensuality for the practice of every kind of impurity with
greediness. 20 But you did not thus learn about Christ, 21 if
indeed you have heard about him and were taught in him,
as the truth is in Jesus. 22 You are to put aside *what* belongs
to your former manner of life, the old man being corrupted
according to *its* deceitful desires, 23 and to be renewed in
the spirit of your minds, 24 and to put on the new man *that*
is according to God—having been created in righteousness
and holiness of the truth.
25 Therefore, putting aside the lying, let each of you speak
truth with his neighbor, because we are members of one
another. 26 Be angry and do not sin. Do not let the sun go
down on your indignation, 27 nor give an opportunity to the
devil. 28 The thief must steal no longer. But rather, he must
labor, working good with his hands, so that he may have
something to share with the ones having need. 29 Do not let
any corrupt talk come out from your mouth, but whatever *is*
good for building up of the *one in* need, so that it might give
grace to the hearers, 30 and do not grieve the Holy Spirit of
God, by whom you were sealed for the day of redemption.
31 Let all bitterness, and rage, and anger, and quarreling, and
insults be removed from yourselves, along with all malice.
32 Instead, be kind to each other, tenderhearted, forgiving
one another, just as God in Christ also forgave you.

5 Therefore, be imitators of God, as beloved children, 2 and
walk in love, as also Christ loved us and gave himself up
for us, an offering and sacrifice to God for a fragrant aroma.
3 But sexual immorality and every impurity or greed
must not even be named among you, just as is proper for
saints, 4 and filthiness and foolish talk or crude jokes—which
are not fitting—but instead, thanksgiving. 5 Indeed, know
this for certain, that every sexually immoral or unclean or
greedy *person*—that is, an idolater—has no inheritance in
the kingdom of Christ and of God. 6 Let no one deceive you
with empty words, for because of these things the wrath of
God is coming upon the sons of disobedience. 7 Therefore, do
not become partners with them, 8 because formerly you were
darkness, but now *are* light in the Lord. Walk as children of
light 9 (for the fruit of the light consists in all goodness and
righteousness and truth), 10 carefully testing what is pleasing
to the Lord. 11 And do not take part in the unfruitful works of
darkness, but rather even expose *them*. 12 For it is shameful
even to mention the things done by them in secret. 13 But
everything exposed by the light is revealed, for everything
that is revealed is light. 14 Therefore it says,

> "Awake, O sleeper,
> and arise from the dead,
> and Christ will shine on you."

15 Watch carefully, therefore, how you walk—not as
unwise but as wise, 16 redeeming the time because the days
are evil. 17 Because of this, do not be foolish, but understand
what the will of the Lord *is*. 18 And do not get drunk with
wine, in which is recklessness. Instead, be filled with the
Spirit, 19 speaking to each other in psalms and hymns and
spiritual songs, singing and singing psalms in your heart to
the Lord, 20 giving thanks always for everything in the name
of our Lord Jesus Christ to God, even the Father, 21 submitting
yourselves to one another in reverence for Christ—
22 wives, to your own husbands, as to the Lord. 23 For a
husband is the head of the wife as Christ also *is* the head
of the church—he himself *is* the savior of the body. 24 But
as the church is subject to Christ, so also *are* wives to their
husbands in everything. 25 Husbands, love your wives just
as Christ also loved the church and gave himself up for her,
26 so that he might sanctify her, having cleansed her by the
washing of the water with the word, 27 so that he might
present the church to himself as glorious, not having stain
or wrinkle or any of those things, but so that she might be

holy and blameless. [28] In the same way, the husbands also
ought to love their own wives as their own bodies. The one
loving his own wife loves himself. [29] For no one ever hated
his own body, but he nourishes and treats it with care, just
as Christ also *does* the church, [30] because we are members
of his body. [31] "Because of this a man will leave his father
and his mother and will be joined to his wife, and the two
will become one flesh." [32] This mystery is great—but I am
speaking about Christ and about the church. [33] Nevertheless,
you also—each one of you—must love his own wife in this
way—as himself, and the wife must respect her husband.

6 Children, obey your parents in the Lord, for this is
righteous. [2] "Honor your father and mother" (which is
the first commandment with a promise), [3] "so that it may
be well with you and you may be long-lived on the earth."
[4] And fathers, do not provoke your children to anger. Instead,
raise them in the discipline and instruction of the Lord.

[5] Slaves, obey your masters according to the flesh with
fear and trembling, in honesty of your heart, as to Christ,
[6] not with eye-service as men-pleasers, but as slaves of Christ,
doing the will of God from the soul, [7] serving with a good
attitude, as to the Lord and not to men, [8] knowing that each
person, if he does something good, this he will receive from
the Lord, whether slave or free.

[9] And masters, do the same to them. Stop using threats.
You know that the Master, both theirs and yours, is in heaven,
and there is no favoritism with him.

[10] Finally, be strong in the Lord and in the force of his
strength. [11] Put on the whole armor of God, to enable you to
stand against the scheming of the devil. [12] For our struggle is
not against blood and flesh, but against the rulers, against the
authorities, against the world-controllers of this darkness,
against the spiritual forces of evil in the heavenly *places*.
[13] Because of this, put on the whole armor of God, so that
you may be able to withstand in the evil day, and, having
done everything, to stand. [14] Stand, therefore, having girded
up your loins with truth and having put on the breastplate of
righteousness, [15] and having shod your feet with readiness of
the gospel of peace. [16] In everything take up the shield of the
faith, by which you will be able to extinguish all the flaming
arrows of the evil one. [17] And take the helmet of salvation
and the sword of the Spirit, which is the word of God. [18] With
every prayer and request, pray at all times in the Spirit. And
to this *end*, be watchful with all perseverance and requests
for all the saints, [19] and for me, so that a message might be
given to me in the opening of my mouth, to make known
with boldness the mystery of the gospel [20] (for which I am
an ambassador in chains), so that in it I may speak boldly,
as it is necessary for me to speak.

[21] But so that you also may know the things concerning me,
how I am doing, Tychicus, the beloved brother and faithful
servant in the Lord, will make known to you everything,
[22] whom I have sent to you for this very purpose, so that
you may know the things about us and your hearts may be
encouraged.

[23] Peace to the brothers, and love with faith from God
the Father and the Lord Jesus Christ. [24] Grace *be* with all the
ones loving our Lord Jesus Christ with incorruptibility.