

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

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

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

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 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.