

unfoldingWord® Simplified Text

v92

Ephesians

Copyright & Licensing

unfoldingWord® Simplified Text

Copyright © 2026 by unfoldingWord

This work is made available under the Creative Commons Attribution-ShareAlike 4.0 International License. To view a copy of this license, visit https://creativecommons.org/licenses/by-sa/4.0/ or send a letter to Creative Commons, PO Box 1866, Mountain View, CA 94042, USA.

unfoldingWord® is a registered trademark of unfoldingWord. Use of the unfoldingWord name or logo requires the written permission of unfoldingWord. Under the terms of the CC BY-SA license, you may copy and redistribute this unmodified work as long as you keep the unfoldingWord® trademark intact. If you modify a copy or translate this work, thereby creating a derivative work, you must remove the unfoldingWord® trademark.

On the derivative work, you must indicate what changes you have made and attribute the work as follows: “The original work by unfoldingWord is available from unfoldingword.org/ust”. You must also make your derivative work available under the same license (CC BY-SA).

If you would like to notify unfoldingWord regarding your translation of this work, please contact us at unfoldingword.org/contact/.

The unfoldingWord® Simplified Text is based on *A Translation For Translators* by Ellis W. Deibler, Jr., which is licensed CC BY-SA 4.0 (https://git.door43.org/Door43/T4T).

Table of Contents

Ephesians 1
Chapter 1 1
Chapter 2 1
Chapter 3 2
Chapter 4 2
Chapter 5 3
Chapter 6 4

Ephesians

1 I am Paul. The Messiah Jesus sent me to represent him
because that is what God wanted. I write this letter to the
people whom God has set apart for himself who are living [in
the city of Ephesus][a] and who are loyal to the Messiah Jesus.
2 *May* God our Father and our Lord Jesus the Messiah *continue
to be* kind to you and *make you* peaceful.

3 Praise God, the Father of our Lord Jesus the Messiah!
He has blessed us with every kind of spiritual blessing that
comes from heaven because we belong to the Messiah. 4 In
fact, even before God created the world, he chose us to belong
to the Messiah, so that the Messiah could make us completely
holy for him. Because God loves us, 5 he decided long ago to
adopt us as his own children by means of Jesus the Messiah.
It pleased him to do this, so he did what he wanted to do.
6 Because of this, we now praise God for being so amazingly
kind to us, far beyond what we could deserve, as he blessed
us by means of his Son whom he loves.

7 When Jesus died in our place, he paid the price for our
sin. That is, when he died for us, God forgave us our sins
because that is how abundantly and generously kind he is.
8 God knew that we would need him to be extremely kind to us
in this way because God knows everything and is completely
wise. 9 In this way, God has now revealed to us his plan that
he had not revealed to anyone before—a plan that he was
pleased to accomplish through the work of the Messiah. 10 In
this plan, when the time was just right, the Messiah would
unite all things under himself so that all things in heaven and
all things on earth would belong to the Messiah. 11 Because
of what the Messiah has done, God has also claimed us as
his own. He planned to do this long ago, and he always does
exactly what he wishes to do. 12 In God's plan, we Jews, who
were the first to trust in the Messiah, would live to praise God
because he is so great. 13 Then you non-Jews also heard the
true message, the good news of how God saves you, and you
believed in the Messiah. When you did that, God marked you
as belonging to the Messiah by giving you the Holy Spirit,
as he had promised to do. 14 The Holy Spirit is like a down
payment that proves that God will also give to us everything
else that he has promised to give to us at that time when he
will release everything that he has for us. Praise God because
he is so great!

15 Because God has done all of this for you, and because
people have told me how you trust in the Lord Jesus and
how much you love all the believers, 16 I thank God for you
constantly as I talk to God about you when I pray to him. 17 I
pray that the God of our Lord Jesus the Messiah, the glorious
Father, will give you his Spirit to make you wise and to reveal
God to you so that you can continually know him better. 18 I
pray that God may enable you to see things as they truly are
so that you may know the wonderful plan that God has for us
because he has called us to be his people. I pray that you may
know how wonderful and abundant are the things he promises
to give to us and to all the believers. 19 And I pray that you will
know how exceedingly powerfully God acts for us who believe
in the Messiah. He is just as powerfully strong for us 20 as he
was for the Messiah when he caused the Messiah to become
alive again after he died, and raised him to the place of highest
honor in heaven. 21 The Messiah rules as supreme there over
every ruler and powerful spirit on every level of authority
and over every being that people revere. He rules over them
not only now, but forever. 22 God has made everything to be
subject to the Messiah and has appointed the Messiah as the
ruler over everything among all believers everywhere. 23 We
believers relate to the Messiah as the parts of a person's body
relate to its head. He supplies what is lacking for all believers
just as he completes everything everywhere.

2 Before you trusted the Messiah, you were spiritually
dead—you were unable to stop sinning. 2 You used to
live in a sinful way, guided by the spirit of this world. You
were guided by the ruler of the evil spirits, who controls the
authorities of this world. This ruler is Satan, who now works
through the people who disobey God. 3 All of us used to live
in the same way as these people who disobey God; we did the
evil things that we desired, things that would bring pleasure
to our bodies and our minds. We deserved that God should be
very angry with us, just as he is with the other people.

4 But God is very merciful to us because he loves us very
much. 5 God loved us so much that even when we were
spiritually dead and constantly sinning, he made us alive by
joining us to the Messiah. Remember, when God saved you
from being spiritually dead, he was being very kind to you
in a way that you did not deserve. 6 God saved us from being
spiritually dead just as he raised Jesus from being physically
dead and he made us spiritually alive with him. Then he gave
us seats of honor to rule with the Messiah Jesus in heaven.
7 He did that to show to everyone in all future times how
exceedingly gracious he is in being kind to us by joining us to
the Messiah Jesus.

8 So God was very kind to you in a way that you did not
deserve when he saved you from being spiritually dead. He did
this because you trust in Jesus. You have not saved yourselves;
this is a gift from God— 9 a gift that no one can earn, so no
one can boast and say that he has saved himself. 10 So God is
making us what he wants us to be; through the Messiah Jesus
he has created us as new people to do good things—things
that God had previously arranged for us to do.

11 So remember that previously you non-Jewish people
according to who your ancestors were did not belong to
God's people. The Jews insulted you by calling you "the
uncircumcised." They call themselves "the circumcised." By
this they mean that they, not you, are God's people, although
circumcision is something that humans do that only changes
the body, not something that God does that changes the spirit.
12 Remember that, at that time, you were separated from the
Messiah. You were foreigners to the people of Israel. You did
not share in the things that God promised in his agreements
with them. You did not confidently expect that God would save

[a] Many early versions do not include, *in the city of Ephesus*.

you. No, you were living in this world completely without God.
13 But now, because you have trusted in Jesus the Messiah,
God has brought you into his family, even though before that
you did not know him. This was possible because the Messiah
died on the cross for you.

14 It is the Messiah who has made it possible for Jews and
non-Jews to live peacefully with each other. He made the two
separate groups into one group. The two groups hated each
other, but he took away every reason for hating each other
when he died for all of us. 15 He made it no longer necessary
for us to obey the commandments and requirements of the
Jewish law for him to accept us. He did this in order to make
the Jews and the non-Jews into one new people who would
live peacefully together because of their relationship to him.
16 He did this in order to reconcile both groups to God as one
group by dying on the cross for all of them. By dying for them,
Jesus made it possible for them to stop being enemies to each
other and to God. 17 Jesus came and announced the good news
that we can be at peace with God; he announced this to you
non-Jews, who did not know about God, and to us Jews, who
did know about God. 18 Because of what Jesus did for us, both
Jews and non-Jews now can come to God the Father with the
help of God's Spirit.

19 Therefore now you non-Jews are no longer left out of
God's people, but instead you are fellow members with those
whom God has set apart for himself, and you belong to
God's family. 20 You are like stones that God has put together
into a building, and the apostles and prophets are like the
foundation stones of that building. You depend on what they
have taught, just as building stones depend on the foundation
stones below them to form a wall that is upright and strong.
The Messiah Jesus himself is like the cornerstone, which is
the most important stone of the building. 21 Jesus determines
where each person belongs, just as the cornerstone determines
where each stone fits in the building. Just as a builder joins
stones together to make a holy temple, Jesus is assembling
his family of believers to be one holy group which serves the
Lord. 22 Because you belong to Jesus, he is building you up
together, both Jews and non-Jews, into one family that is like
a building in which God lives by means of his Spirit.

3 Because God is working out this plan for you non-Jews,
I, Paul, pray to the Father for you, even as I am in prison
because I serve the Messiah Jesus for your sake. 2 I assume
that people have told you about me, that God has given me
the task of communicating to you non-Jews his plan to be
extremely kind to you. 3 God told me this message that people
did not understand before by revealing it to me directly, just
as I wrote to you before briefly. 4 As you read that, you can
perceive that I clearly understand things that God had not
previously revealed about the Messiah. 5 Formerly, God did
not fully reveal this message to people, but now his Spirit has
revealed it to his holy apostles and prophets. 6 The message is
this: the non-Jews now share together with Jews the spiritual
riches of God and belong to the same group of God's people
and will share all the things God has promised to his people
because they are joined to the Messiah Jesus as a result of
believing the good news. 7 I now serve God by telling people
this good news. God was very kind to me and gave me this
work to do even though I am not worthy of it, and he enables
me to do it by powerfully working in me.

8 Although I am the least worthy of all of God's people,
God kindly gave me this gift: he appointed me to proclaim
to the non-Jews the good news about the unending spiritual
blessings that the Messiah has for us 9 and to enable everyone
to understand what God's plan is. This plan is something that
God, who created everything, has kept hidden from long ago.
10 God hid this plan so that as he reveals it now by making it
happen in those who believe, he also reveals to the spiritual
authorities at the highest levels how profoundly wise he is.
11 This is the plan that God has always had, and it is what
he accomplished through the work of the Messiah Jesus, our
Lord. 12 So now, because of what Jesus has done, we can come
to God freely and confidently because, when we trust in Jesus,
he joins us to himself. 13 So please do not be discouraged by
the things that I am suffering here in prison on your behalf,
because they produce a glorious result for you.

14 Because God has done all this for you, I kneel and pray
to God our Father. 15 He is the original father, who gave the
pattern for every family in heaven and on the earth to follow.
16 I pray that God will give you his Spirit to strengthen your
spirit in proportion to how abundantly great he is. 17 I pray
that the Messiah may stay as close to you as your own hearts
because you trust in him, and that everything that you do and
say will be a result of God's love for you and your love for
him and others 18 so that you may be fully able to understand,
along with all of God's people, how very much the Messiah
loves us. 19 I pray that you will come to know how much
the Messiah loves us, even though he loves us so much that
we cannot understand it. I pray that God will give you a full
measure of everything that he is.

20 Praise God, who is able to do much more than anything
that we ask him to do, or even that we think that he can
do, because of how powerfully he works within us! 21 May all
believers praise him for how great he is and for the awesome
work that he has done through the Messiah Jesus! May they
praise him throughout all generations forever! May it be so.

4 Because of all this, as someone who is in prison because
I serve the Lord Jesus, I appeal to you to live in a way
that honors Jesus, who called you to live for him. 2 Always
be humble and gentle. Be patient with each other, enduring
the bothersome things that others do because you love each
other. 3 Since God's Spirit has united you, do everything that
you can to remain united with one another. Bind yourselves
together by acting peacefully toward each other. 4 God only
has one family of believers and one Holy Spirit, just as he
also called all of you to receive the one and only thing that
people can hope for, that belongs to you whom God has called.
5 There is only one Lord, Jesus the Messiah, only one way to
believe in him, and they baptized us to show that we belong
to him alone. 6 There is one God, who is the Father of all of
us, whether Jew or non-Jew. He rules over all of us, works
through all of us, and is in all of us.

7 To each one of us God has given spiritual gifts in just the
way that the Messiah has decided that we should have them.
8 That is why the scripture says,

> As he went up to the high place,

he brought with him many people whom
he had captured,
and gave gifts to his people.

9 The words “he went up” certainly make us know that the
Messiah had also previously gone down to the lower parts of the
earth. 10 The Messiah, who came down to earth from heaven, is
also the one who returned upward to the most exalted position
in heaven in order that he might fill the universe. 11 As gifts
to his people, he appointed some of them to be apostles, some
to be prophets, some to seek out people to tell them the good
news about Jesus, and some to care for and to teach the groups
of believers. 12 God appointed all of them to prepare God’s
people to do the work of serving others so that all the people
who belong to the Messiah might become spiritually strong.
13 This work will continue until all of us together become what
God wants us to be: united as we together fully trust in the
Son of God and experience his working in us, and completely
mature as a group of believers—as fully mature in trusting
and knowing God as the Messiah himself. 14 Then we will no
longer be spiritually immature, as little children are immature.
We will no longer follow every new teaching, always changing
what we believe like a boat that goes one way and then the
other as the wind and waves change direction. We will not
allow clever people who teach what is false to deceive us
with their lies. 15 Rather than that, as we lovingly speak to
each other what is true, let us become more and more like
the Messiah in every way as he directs us, just like a person’s
head directs the person’s body. 16 He is the one who joins us
all together and keeps us connected to each other. He teaches
us how to support each other and to work in a coordinated
way as he gives the ability that is appropriate to each one of
us, just as a person’s head does that for the parts of his body.
In this way, as we love each other, we will grow together and
make each other stronger.

17 For that reason, and with the authority of the Lord Jesus,
I tell you this: from now on you must not live in the same
way as the other non-Jews live. The way that they live comes
from an empty way of thinking. 18 They are unable to think
clearly about what is right or wrong because they try to live
completely separated from God. They do this because they do
not know what they are missing and because they stubbornly
refuse to obey God. 19 They have become unable to sense if
something is good or bad, and so they have devoted themselves
to doing whatever shameful things their bodies desire. They
commit all kinds of immoral acts and want to do them more
and more.

20 But that is not how you learned to live when you learned
about the Messiah, 21 to the extent that you have heard and
understood the message about Jesus and have learned from
him, since his way is the true way to live. 22 Your teachers
taught you to stop living the way that you used to live. Because
you desired to do evil things, you deceived yourselves into
thinking that those things were good. Living like that was
destroying you spiritually. 23 So you must let God give you a
new spirit and a new way of thinking, 24 and you must start
living like the new person that God created you in his own
image to be. He created you to live in the right way with each
other and with himself, in the true way of Jesus.

25 So stop lying to one another. Speak truthfully to each other
because we belong to each other as members of God’s family.
26 Be angry about sinful behavior, but do not sin because you
are angry. Before the end of each day, take care of whatever
has made you angry 27 so that you will not allow the devil to do
evil things among you. 28 Those who have been stealing must
not steal anymore. Instead, they must work hard, doing good
work by their own efforts so that they may have something
to give to those who are needy. 29 Do not say harmful things.
Instead, say good things that will encourage people when they
need help so that God can work through your words to benefit
those who hear. 30 God has marked you as his own by giving
you the Holy Spirit, who will be with you until the day that
the Messiah will rescue you from this world. So do not make
the Holy Spirit of God sad by how you live. 31 Do your best to
completely stop behaving in these ways: Do not be resentful
or furious toward others or even become angry with others.
Do not shout abusively at others or slander others. Never act
maliciously in any way. 32 Rather than behave like that, be
kind to one another. Act mercifully toward each other. Forgive
each other in the same way that God also forgave you through
what the Messiah has done for you.

5 Because of what God has done for you, imitate him just
as children imitate the father who loves them dearly. 2 Do
everything in a way that shows that you love others. Be like
the Messiah, who loved us so much that he willingly died for
us on the cross as the offering and sacrifice to God in our
place. This sacrifice pleased God very much. 3 But there should
be no reason for anyone to even suggest that any of you are
involved in sexual sin or any kind of immoral or obsessive
sexual behavior. Such sins do not belong among God’s people.
4 When you speak to each other, do not tell obscene stories or
say foolish things or joke about committing sins. Such things
are not what people who belong to God talk about. Instead,
express the things that you are thankful for. 5 It is quite true
that these people will be excluded from the kingdom of the
Messiah who is God: everyone who is sexually immoral or
indecent, or who is obsessed with sex, which is the same as
worshiping an idol. 6 Do not let anyone deceive you by telling
you that God will not punish people who do these things. It is
because of these very things that God will punish the people
who disobey him.

7 So do not join with those people in doing these kinds of
sins. 8 Remember that before you believed in the Lord Jesus,
you did not know what was true, just as people who are in a
dark place do not know what is around them. But now it is as
though you have come out into the light, because the Lord has
shown to you what is true. So live in the way that the Lord
has shown to you. 9 Because just as people who have light will
walk in the right way, as a result of knowing Jesus you can
always live in a way that is good, right, and true. 10 As you
live this way, keep learning what pleases the Lord. 11 So do not
participate together with those who are doing the worthless
deeds that they do in spiritual darkness. Instead, expose to
everyone how worthless those deeds are. 12 Of course it is
shameful for God’s people to even talk about the evil things
that those people do in secret, 13 but it is necessary for us to
expose them so that people can know and understand that
these deeds are evil. This is like when we bring something

into the light in order to reveal to everyone what it truly is. Then people can examine and judge that thing that light has exposed. 14 Before you knew God you were like someone asleep or dead in a dark place. This is what believers are talking about when they say,

"You who are asleep, wake up!
You who are dead, come out of the darkness and live!
The Messiah will show you what is true,
just as a light that shines shows people what
was in the darkness."

15 So be very careful how you live. Do not behave as foolish people do. Instead, behave as wise people do. 16 Do the most good that you can with the time that you have, because people are doing more and more evil things every day. 17 So be wise, understand well what it is that the Lord Jesus wants you to do, and do it!

18 Do not become drunk by drinking alcoholic drinks, because people cannot control themselves when they are drunk. Instead, let God's Spirit control what you do at all times. 19 Sing to each other Psalms and songs about the Messiah and songs that God's Spirit gives you. Let this music come from deep within you as sincere praise to the Lord. 20 At all times thank God the Father for everything because of what our Lord Jesus the Messiah has done for you. 21 Humbly submit yourselves to each other because you deeply respect the Messiah.

22–23 Wives should submit to their own husband's leadership as they do to the Lord Jesus because the husband is the leader of the wife as also the Messiah is the leader of the worldwide assembly of believers. He is the Savior who has saved all believers from being condemned for their sins. 24 As for wives, just as all believers submit themselves to the authority of the Messiah, in the same way wives must also submit themselves completely to the authority of their husbands.

25 Each of you husbands, love your wife as much as the Messiah loved all who would believe in him. He even gave up his own life for us on the cross 26 so that he might set us apart for himself. He purified us by telling us his plan to forgive us and by removing our sins as though washing them away in water. 27 He did this so that he could present the group of all believers to himself as a glorious group that does not have any sin or moral imperfection, but instead is holy and perfect, like a glorious bride ready to meet her groom. 28 In that same way, each man should love his own wife as much as he loves his own body. A man who loves his wife is also, by doing that, loving himself 29–30 because no one ever hated his own body. Instead, he feeds his own body and cares for it, just like the Messiah also cares for all us believers in his worldwide assembly. We have become one group of believers that belongs to him. 31 The scriptures say this about people who marry:

"Therefore a man will leave his father and his
mother and will join himself to his wife,
and the two of them will become as
though they were one person."

32 There is very much about this that we cannot understand, but I am telling you that this example of a husband and wife also helps us to understand the relationship between the Messiah and the group of people who belong to him. 33 However, as for you, each man must love his wife just as he loves himself, and each woman must deeply respect her husband.

6 As for you who are children, obey your parents as a way of serving the Lord Jesus because it is right for you to do that. 2 God commanded in the scriptures,

"Greatly respect your father and mother." That is the first law that God commanded in which he also promised something. He promised,

3 "If you do that, you will prosper, and you will live a long time on the earth."

4 As for you who are fathers, do not treat your children in a way that makes them become angry. Instead, bring them up well by instructing them and by disciplining them in the manner that the Lord Jesus wants you to do.

5 As for you who are slaves, very respectfully and sincerely obey those who are your masters here on the earth, just as you obey the Messiah. 6 Obey them not only when they are watching you, as people do who only care about appearing to work hard. Instead, work as though you were slaves of the Messiah, doing enthusiastically what God wants you to do. 7 Serve your masters willingly, as though you are serving the Lord Jesus rather than people. 8 Do this because you know that the Lord Jesus will reward each person for whatever good deeds that person has done. It makes no difference whether that person was a slave or a free person.

9 As for you who are masters, just like your slaves should serve you well, in the same way you must treat them well. Stop threatening them. Do not forget that the one who is both their Lord and your Lord is in heaven and he judges all people equally whether their position is high or low.

10 Finally, rely completely on the Lord Jesus to strengthen you spiritually because he is immeasurably strong. 11 Just as a soldier puts on all of his armor to be ready to fight his enemy, you should use every spiritual resource that God provides for you so that you may successfully resist the devil when he cleverly schemes against you. 12 Remember that we are not fighting against other human beings. Instead, we are fighting against the demons who have authority to rule over the people doing evil things in this evil time, that is, against the evil spirits who live in the air. 13 That is why you must use well all of the spiritual resources that God has given you, like a soldier who puts on all of his armor. If you do that, you will be able to resist the evil spirits when they attack you. You will also be ready for when they attack you again and able to continue to live well for God.

14 You must be ready to resist the devil and his evil spirits just as soldiers must always be ready to resist the enemy. To do that, keep thinking about the true things that God has shown you. Also, continue to act righteously. This will protect you like a soldier's armor protects his chest. 15 Just like a soldier who keeps his boots on, be ready to go anywhere you are needed for the sake of the good news that tells people how to be at peace with God. 16 Just as a soldier holds up a shield to stop the flaming arrows that his enemy shoots at him, you must keep trusting firmly in the Lord at all times. That will protect you from all of the things that your enemy, Satan, the evil one, will try to do to harm you spiritually. 17 Also, as a

soldier relies on a helmet to protect his head, rely on the fact that God has saved you. And just as a soldier uses a sword to defeat his enemies, use the weapon that God's Spirit gives you, which is the message that comes from God. 18 Whenever you pray to God and request things from him, always let God's Spirit direct you in how you pray and what you pray for. To be most effective, keep watching to see what God is doing, and be persistent as you continue to pray for all of God's people. 19 Pray for me, also, that God would tell me what I should say whenever I speak, in order that I may boldly tell others the good news about the Messiah that people did not know before. 20 It is because I have been telling people about the Messiah that I am now representing him here in prison. Pray that as I continue to tell others about the Messiah, I may speak boldly because that is how I ought to speak.

21 Now in order that you may know about what is happening with me and what I am doing, Tychicus will tell you everything that is happening here. He is a fellow believer whom we all love very much, and he serves the Lord Jesus faithfully. 22 That is the reason that I am sending him to you with this letter; I want you to know how we are, and I want him to comfort and encourage you.

23 I pray that God our Father and the Lord Jesus the Messiah may give to all of you fellow believers a peaceful spirit and enable you to love each other and to continue to trust in God. 24 I pray that God will continue to act graciously among all people who steadfastly love our Lord Jesus the Messiah.