**The Epistle of Paul to the Ephesians**

**Ephesians Chapter 1**

OPENING GREETING (1:1-23)  
Salutation

1Paul, an apostle of Christ[[1]](#footnote-31110) Jesus by the will of God, to the holy and faithful ones in Christ Jesus [[in Ephesus]]: 2Grace to you and peace from God our Father and the Lord Jesus Christ.

God’s Spiritual Blessings

3Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in *union with* Christ with every spiritual blessing in the heavenly *places*, 4just as He chose us *who are* in *union with* him[[2]](#footnote-26960) before the foundation of the world to be holy and without blemish in His presence. *He did this* in love 5by deciding in advance that we would be adopted through Jesus Christ for Himself, according to the good pleasure of His will, 6to the praise of His glorious grace, which He graciously gave us in the Beloved One. 7In *union with* him[[3]](#footnote-15757) we have redemption through his blood, the forgiveness of *our* transgressions, according to the riches of His grace, 8which He lavished on us with all wisdom and insight. 9He has made known to us the sacred secret of His will according to His good pleasure that He planned beforehand in *connection* *with* him,[[4]](#footnote-18700) 10with a view toward the administration *that occurs* at the fullness of the times, to unite under one head all things in *connection with* Christ–the things in the heavens and the things on the earth in *connection with* him. 11In *union with* him[[5]](#footnote-18450) we also were claimed as *God’s* possession because we were chosen in advance according to the purpose of the one who is working all things according to the plan of His will, 12so that we who first hoped in Christ would be *God’s possession*, to the praise of His glory. 13In *union with* him[[6]](#footnote-27183) you also, when you heard the message of truth—the good news of your salvation—and when you believed in him,[[7]](#footnote-19391) were marked with a seal—the promised holy spirit— 14which is the down payment of our inheritance, until *our* redemption as *God’s* *own* possession, to the praise of His glory.

Prayer

15Because of this I also, after hearing of your trust in the Lord Jesus and the love that *you have* for all the holy ones, 16do not stop giving thanks for you, remembering *you* in my prayers, 17*praying* that the God of our Lord Jesus Christ, the Father of glory, will give you spiritual wisdom and revelation in *your* knowledge of Him 18—since the eyes of your heart have been enlightened—so that you will know what is the hope to which He has called you,[[8]](#footnote-12902) what are the riches of His glorious inheritance[[9]](#footnote-10942) *that will be shared* among the holy ones, 19and what is the immeasurable greatness of his power for us who believe, *which is* the same working of his mighty strength 20that he worked in Christ when he raised him from among the dead and seated him at his right hand in the heavenly *places*, 21far above every ruler and authority and power and dominion and every name that is named, not only in this age but also in the one to come; 22and he put all things in subjection under his feet and appointed him as the head over all things *related to* the church, 23which is his body—the fullness of the one who fills all things in every way.

**Ephesians Chapter 2**

POSITION AND PURPOSE IN CHRIST (2:1-3:21)  
United with Christ

1Even when you were dead due to your transgressions and sins 2in which you once walked according to the ways of this world, according to the ruler of the domain of the air, the spirit who is now at work in those who are disobedient,[[10]](#footnote-29081) 3among whom we also all once lived by the cravings of our flesh, carrying out the desires of the flesh and of the mind, and were by nature children of wrath, just as the rest *of humankind...* 4But God, being rich in mercy because of his great love with which he loved us, 5even when we were dead due to *our* transgressions, made us alive together with Christ[[11]](#footnote-25241)—by grace you have been saved— 6and *because we are* in *union with* Christ Jesus, he raised us up with him and seated us with him in the heavenly places, 7so that in the ages to come he could show the immeasurable riches of his grace by being kind[[12]](#footnote-27093) to us in *connection with* Christ Jesus. 8For you have been saved by grace through *your* trust, and this is not from yourselves, *it is* the gift of God, 9not based on works, so no one can boast. 10For we are his handiwork, created in *union with* Christ Jesus to do good works, which God prepared in advance so that we would walk in them.

Peace and Unity in Christ

11Therefore, remember that at one time you—the Gentiles in the flesh, who are called the “Uncircumcised” by those who are called the “Circumcised” *because of something* done in the flesh by *human* hands— 12were at that time without Christ, excluded from the citizenship of Israel, and *were* strangers to the covenants based on the promise, having no hope and without God in the world. 13But now in Christ Jesus you who at one time were far away have been brought near by the blood of Christ.

14For he is our peace, who made both *groups into* one and has broken down the dividing wall that separates *us*. *He ended* the hostility *between us* by his flesh 15when he nullified the law (consisting of commands *expressed* in regulations), so that in himself he could create one new man from the two *groups*, *thus* making peace, 16and *so* he could reconcile both *groups* to God in one body through *his death on* the cross, by which he put to death the hostility *between us*. 17And when he came, he proclaimed good news of peace to you who were far away and peace to those who were near, 18because through him we both have access to the Father by one spirit.

19So then you are no longer strangers and foreigners, but you are fellow citizens with the holy ones and members of the household of God, 20having been built on the foundation of the apostles and prophets, Christ Jesus himself being the cornerstone. 21In *union with* him[[13]](#footnote-13953) the whole building, being fitted together, grows into a holy sanctuary in the Lord, 22*and* in *union with* him[[14]](#footnote-10576) you also are being built together into a place where God dwells[[15]](#footnote-29659) through the spirit.

**Ephesians Chapter 3**

God’s Secret Plan Revealed

1For this reason I, Paul, a prisoner for *following* Christ[[16]](#footnote-26408) Jesus[[17]](#footnote-29881) for the sake of you Gentiles…. 2Surely you have heard of the administration of the grace of God that was given to me for you, 3*and* that the sacred secret was made known to me by revelation, as I have already written *about* briefly, 4regarding which, when you read it, you will be able to understand my insight into the sacred secret of Christ, 5which was not made known to people[[18]](#footnote-26459) in other generations as it has now been revealed to his holy apostles and prophets by the spirit. 6*This is the sacred secret:* the Gentiles are fellow heirs and fellow members of the body and fellow partakers of the promise through the good news in *connection with* Christ Jesus. 7I became a servant of this *good news* by the gift of the grace of God that was given to me by the working of his power. 8This grace was given to me—one who is less than the least of all the holy ones—so that I could proclaim the good news to the Gentiles about the unfathomable riches of Christ, 9and so that I could bring to light for everyone what is the administration of the sacred secret, which has been hidden for ages in God who created all things. 10*He did this* so that through the church the multifaceted wisdom of God would now be made known to the rulers and the authorities in the heavenly *places*. 11This was consistent with *his* purpose throughout the ages that he accomplished in Christ Jesus our Lord. 12In *union with* him[[19]](#footnote-24427) we have boldness and access *to God* with confidence through *our* trust in him.

13Therefore, I ask you not to be discouraged at my hardships on your behalf, which are your glory.

Prayer for Spiritual Growth

14For this reason I bow my knees to the Father, 15from whom every family in heaven and on earth is named. 16*I pray* that he would grant you to be strengthened with power in *your* inner self through his spirit according to the riches of his glory, 17*and* that Christ would live in your hearts through trust, so that you, being rooted and grounded in love, 18are able to comprehend with all the holy ones what is the width and length and height and depth, 19and thus *are able* to know the love of Christ that surpasses knowledge, so that you are filled with all the fullness of God.

20Now to him who is able to do far beyond all that we ask or think according to *his* power *that is* at work in us— 21to him be the glory in the church and in Christ Jesus for all generations forever and ever. Amen.

**Ephesians Chapter 4**

LIVING IN UNION WITH CHRIST (4:1-6:17)  
Unity and Function in Christ’s Body

1Therefore I, a prisoner for the sake of the Lord,[[20]](#footnote-11011) urge you to walk in a manner worthy of the calling with which you were called, 2with all humility and meekness, with patience, bearing with one another in love, 3being diligent to keep the unity of the spirit in the bond of peace. 4*There is* one body and one spirit, just as you were also called to one hope when you were called,[[21]](#footnote-13148) 5one Lord, one faith, one baptism, 6one God and Father of all, who is over all and through all and in all.

7Now grace was given to each one of us according to the measure of Christ’s gift.[[22]](#footnote-20638) 8This is why it says, When he ascended on high, he took captivity captive, *and* gave gifts to people.[[23]](#footnote-15920) 9(Now *when it says*, “he ascended,” what does it mean except that he also descended into the lower parts of the earth? 10He who descended is the one who also ascended far above all the heavens, in order to fill all things.) 11And he himself gave some apostles, and some prophets, and some evangelists, and some pastors and teachers, 12to equip the holy ones for the work of ministry, with the goal of building up the body of Christ, 13until we all attain unity in the faith[[24]](#footnote-32140) and in the knowledge of the Son of God, *having grown* into a mature person, *reaching* the measure of the full stature[[25]](#footnote-16710) of Christ, 14so that we are no longer children, tossed here and there and blown around by every wind of doctrine, by people’s trickery *and* craftiness in *their* deceitful schemes. 15But speaking the truth in love, we are to grow up in every way into him who is the head—Christ. 16From him[[26]](#footnote-23640) the whole body, being fitted together and held together by every supporting ligament, produces the growth of the body as each individual part does its proper function[[27]](#footnote-28297) with the goal of building itself up in love.

Putting on the New Self

17Therefore I say this and insist *on it* in the Lord: you must no longer walk as the Gentiles walk, in their futile way of thinking.[[28]](#footnote-19403) 18They are darkened in *their* understanding *and* are alienated from the life God gives[[29]](#footnote-26137) because of the ignorance that is in them due to the hardening of their hearts. 19They have lost all sensitivity *and* have given themselves over to unrestrained behavior to engage in every kind of impurity with a desire for more *and more*. 20But that is not the way you learned Christ! 21Assuming that you have heard about him and were taught *the truth* in him, because the truth is in Jesus, 22you are to put off the old self that belongs to your former way of life *and* that is being corrupted because of deceitful desires, 23and renew the thoughts of your mind, 24and put on the new self, which has been created in the likeness of God—in true righteousness and holiness.

25Therefore, putting away falsehood, each one *of you* is to speak the truth to his neighbor,[[30]](#footnote-24274) because we are members with one another. 26Be angry and *yet* do not sin![[31]](#footnote-24958) Do not let the sun go down on your angry mood, 27and do not give an opportunity to the Devil![[32]](#footnote-24008) 28The one who steals must stop stealing, and instead he must labor, doing honest work with his own hands, so that he has *something* to give to the one who has need.

29Do not let corrupting talk come out of your mouth, but only what is good for building up *others* according to the need, so that it gives grace to those who hear. 30And do not grieve the holy spirit of God with which you were sealed until the day of redemption. 31Get rid of all bitterness and rage and anger and *angry* shouting and slander, *along* with all malice, 32*and* *instead* be kind to one another, tenderhearted, forgiving each other, just as God has forgiven you in *union with* Christ.

**Ephesians Chapter 5**

1Therefore, be imitators of God as beloved children, 2and walk in love, just as Christ[[33]](#footnote-17919) also loved us and gave himself up for us *as* an offering and a sacrifice to God, *which was* a sweet-smelling fragrance.

3But sexual immorality and impurity of any kind, or greed, must not even be named among you, as is proper for holy ones; 4and *there must not be* obscenity and foolish talking or crude joking, which are not appropriate, but rather giving of thanks. 5For this you know with certainty, that no person who is sexually immoral or impure or greedy (that is, an idolater), has any inheritance in the kingdom of Christ and God.

Live as Children of Light

6Do not let anyone deceive you with empty words, for because of these *sins* the wrath of God is coming upon those who are disobedient.[[34]](#footnote-21651) 7Therefore, do not participate with them *in these sins*, 8because at one time you were darkness, but now, in *union with* the Lord, you are light. Walk as children of light 9(for the fruit of the light consists of everything that is good and right and true),[[35]](#footnote-16256) 10discerning what is pleasing to the Lord. 11And do not participate in the unfruitful works of darkness, but instead expose them, 12for it is shameful to even speak of the things that they do in secret. 13But all things become visible when they are exposed by the light. For what makes everything visible is light. 14This is why it says, “Awake, you who sleep, and arise from the dead, and Christ will shine on you.”[[36]](#footnote-13793)

Be Wise and Filled with the Spirit

15Therefore, pay careful attention to how you walk—not as unwise people, but as wise— 16making the best use of *your* time because the days are evil. 17For that reason, do not be senseless but understand what the will of the Lord is. 18And do not get drunk on wine, which leads to reckless actions, but be filled with the spirit: 19speaking to one another in psalms and hymns and spiritual songs, singing and making music with your heart to the Lord, 20always giving thanks for all things to *our* God and Father in the name of our Lord Jesus Christ, 21*and* submitting yourselves to one another in the fear of Christ.

Wives and Husbands

22Wives *are to submit* to their own husbands as to the Lord, 23because the husband is the head of the wife just as Christ is the head of the church, *being* himself the Savior of the body. 24But as the church submits to Christ, so also wives *are to submit* to their husbands in everything.

25Husbands, love your wives, just as Christ also loved the church and gave himself up for her, 26so that he could make her holy, having cleansed *her* by washing *her* with water through the message, 27so that he could present the church to himself as a glorious *church*, not having a spot or wrinkle or any such thing, but that she would be holy and without blemish. 28In the same way, husbands are obligated to love their own wives as their own bodies. He who loves his own wife loves himself. 29After all, no one ever hates his own flesh, but nourishes and tenderly cares for it, just as Christ does for the church, 30because we are members of his body. 31For this reason a man will leave his father and mother and will be joined to his wife, and the two will become one flesh.[[37]](#footnote-18137) 32This contains a profound hidden *truth—*but I am talking about Christ and the church. 33In any case, each one of you also is to love his own wife as *he loves* himself, and the wife is to respect her husband.

**Ephesians Chapter 6**

Children and Parents

1Children, obey your parents in the Lord, for this is right. 2Honor your father and mother (this is the first commandment with a promise), 3so that it goes well with you and you live long in the land.[[38]](#footnote-12085) 4And fathers, do not provoke your children to anger, but bring them up in the training and admonition of the Lord.

Servants and Masters

5Servants, obey your earthly masters[[39]](#footnote-25964) with fear and trembling, *and* with a sincere heart,[[40]](#footnote-26054) just as *you obey* Christ.[[41]](#footnote-12541) 6*Be obedient*, not only when they are watching you, as people-pleasers *do*, but *at all times* as servants of Christ, doing the will of God from the *depths of your* soul, 7serving with a good attitude, as *though serving* the Lord and not people, 8knowing that whatever good anyone does, he will be paid back the same from the Lord, whether *he is* a slave or *is* free.

9And masters,[[42]](#footnote-10452) act the same *way* toward them. Stop threatening *them*, because you know that he who is both their Lord and yours is in heaven, and there is no partiality with him.

Spiritual Warfare and the Armor of God

10Finally, be empowered by the Lord, that is, by his mighty strength. 11Put on the whole armor of God so that you will be able to stand against the schemes of the Devil.[[43]](#footnote-12305) 12For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the world-rulers of this *present* darkness, *that is*, against *all* the spiritual *forces* of evil in the heavenly places. 13Because of this, take up the whole armor of God so that you will be able to stand your ground in *this* time of evil, and when you have done everything, *you will be able* to stand.

14Therefore, stand *firm* by fastening the belt of truth around your waist, and by putting on the breastplate of righteousness, 15and by strapping *sandals on* your feet[[44]](#footnote-30816) in preparation for *proclaiming* the good news of peace, 16*and* in *addition to* all this,[[45]](#footnote-20289) *stand firm* by taking up the shield of trust, with which you will be able to quench all the flaming arrows of the Wicked One; 17and take the helmet of salvation and the sword of the Spirit, which is the word of God.

FINAL REMARKS (6:18-24)  
Continue in Prayer

18Be praying at all times in the spirit with every *kind of* prayer and request. And to that *end*, be watchful with all perseverance and with every request for all the holy ones.

19And *pray* on my behalf that whenever I open my mouth words are given to me to make known with boldness the sacred secret of the good news 20(for which I am an ambassador in chains). *Pray* that I speak boldly about it in the way that I need to.

Farewell Greetings

21Tychicus, the beloved brother and faithful minister[[46]](#footnote-29193) in the Lord, will tell you everything so that you also will know what is happening with me[[47]](#footnote-11197) *and* how I am doing. 22I am sending him to you for this very reason, so that you will know how we are doing, and so that he can encourage your hearts.

23Peace, and love together with trust, be to *all* the brothers and sisters from God the Father and the Lord Jesus Christ.

24Grace be with all those who love our Lord Jesus Christ with an undying *love*.

1. Lit. “the Anointed One” [↑](#footnote-ref-31110)
2. I.e., Jesus Christ [↑](#footnote-ref-26960)
3. Lit. “whom” [↑](#footnote-ref-15757)
4. “him” refers to Christ. [↑](#footnote-ref-18700)
5. Lit. “whom” [↑](#footnote-ref-18450)
6. Lit. “whom” [↑](#footnote-ref-27183)
7. I.e., Christ [↑](#footnote-ref-19391)
8. Lit. “the hope of his calling” [↑](#footnote-ref-12902)
9. Lit. “the riches of the glory of his inheritance” [↑](#footnote-ref-10942)
10. Lit. “sons of disobedience” [↑](#footnote-ref-29081)
11. Lit. “the Anointed One” [↑](#footnote-ref-25241)
12. Lit. “in kindness” [↑](#footnote-ref-27093)
13. Lit. “in whom” [↑](#footnote-ref-13953)
14. Lit. “in whom” [↑](#footnote-ref-10576)
15. Lit. “a dwelling place for God” [↑](#footnote-ref-29659)
16. Lit. “the Anointed One” [↑](#footnote-ref-26408)
17. Lit. “prisoner of Christ Jesus” [↑](#footnote-ref-29881)
18. Lit. “the sons of men” [↑](#footnote-ref-26459)
19. Lit. “whom” [↑](#footnote-ref-24427)
20. Lit. “a prisoner of the Lord” [↑](#footnote-ref-11011)
21. Lit. “of your calling” [↑](#footnote-ref-13148)
22. Lit. “the gift of the Anointed One” [↑](#footnote-ref-20638)
23. From Ps. 68:18 [↑](#footnote-ref-15920)
24. “Faith” refers to the Christian Faith. [↑](#footnote-ref-32140)
25. Lit. “fullness” [↑](#footnote-ref-16710)
26. Lit. “whom” [↑](#footnote-ref-23640)
27. Lit. “according to the working in measure of each part” [↑](#footnote-ref-28297)
28. Lit. “in the futility of their minds” [↑](#footnote-ref-19403)
29. Lit. “life of God” [↑](#footnote-ref-26137)
30. From Zech. 8:16 [↑](#footnote-ref-24274)
31. From Ps. 4:4 [↑](#footnote-ref-24958)
32. “Devil” is a transliteration of the Greek word, *diabolos*, which literally means “Slanderer.” [↑](#footnote-ref-24008)
33. Lit. “the Anointed One” [↑](#footnote-ref-17919)
34. Lit. “the sons of disobedience” [↑](#footnote-ref-21651)
35. Lit. “in all goodness, righteousness, and truth” [↑](#footnote-ref-16256)
36. This quotation, though unknown now, was apparently well-known during Paul’s time. [↑](#footnote-ref-13793)
37. From Gen. 2:24 LXX [↑](#footnote-ref-18137)
38. From Deut. 5:16 [↑](#footnote-ref-12085)
39. Lit. “lords according to the flesh” [↑](#footnote-ref-25964)
40. Lit. “ in singleness of your heart” [↑](#footnote-ref-26054)
41. Lit. “the Anointed One” [↑](#footnote-ref-12541)
42. Lit. “lords,” the Greek is *kurios*. [↑](#footnote-ref-10452)
43. “Devil” is a transliteration of the Greek word, *diabolos*, which literally means “Slanderer.” [↑](#footnote-ref-12305)
44. Lit. “having your feet fitted” [↑](#footnote-ref-30816)
45. Or “in every circumstance” [↑](#footnote-ref-20289)
46. Or “deacon” [↑](#footnote-ref-29193)
47. Lit. “the things related to me” [↑](#footnote-ref-11197)