

PAUL'S LETTER TO THE EPHESIANS SUMMARY NOTES & GRAMMATICAL OUTLINE

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POSTURES IN EPHESIANS: SIT, WALK & SPEAK, STAND¹

- **SIT**
 - and **seated** him at His right hand in the heavenly places (1:20)
 - and **seated** us with him in the heavenly places (2:6)
- **WALK & SPEAK**
 - Therefore I, the prisoner of the Lord, implore you to **walk** (4:1)
 - but **speaking** the truth in love (4:15)
 - So this I say, and affirm together with the Lord, that you **walk** no longer just as the Gentiles also **walk** (4:17)
 - Therefore, laying aside falsehood, **speak** truth each one of you with your neighbor (4:25)
 - Therefore be imitators of God, as beloved children; and **walk** in love (5:1 – 2)
 - and there must be no filthiness and silly talk, or coarse jesting [negative **speech**], which are not fitting, but rather giving of thanks [Spirit-led **speech**] (5:4)
 - Now you are light in the Lord; **walk** as children of light (5:8)
 - Do not participate in the unfruitful deeds of darkness, but instead even **expose** them; for it is disgraceful even to **speak** of the things which are done by them in secret (5:11 – 12)
 - Therefore be careful how you **walk**, not as unwise men but as wise (5:15)
 - **speaking** to one another...singing...giving thanks (5:19)...washing of water with the word (5:26)...bring them up in the discipline and instruction of the Lord (6:4)...give up threatening (6:9)
- **STAND**
 - that you will be able to **stand** firm against the schemes of the devil (6:11)
 - having done everything, to **stand** firm (6:13)
 - **Stand** firm therefore (6:14)

EPHESIANS AS A WISDOM-STYLE REFLECTION ON THE NEW COVENANT: ECHOES OF PSALM 1

1 How blessed is the man who does not **walk** in the counsel of the wicked
Nor **stand** in the path of sinners
Nor **sit** in the seat of scoffers.

POETIC CADENCE OF EPHESIANS: POETRY & PRAYER

- Paul's First Poem: We Are God's New Chosen People, Jew and Gentile in Christ (1:1 – 14)
- Paul's First Prayer: Experience God's Resurrection Power (1:15 – 2:10)
- Paul's Second Poem: We Are God's New Temple (2:11 – 22, plus reflection 3:1 – 13)
- Paul's Second Prayer: Experience Power to Hold the Fullness of God (3:14 – 21)
- You Are the Poema: Walking and Speaking (4:1 – 6:9)
- Your Prayer: Standing Firm in Prayer (6:10 – 24)

¹ I am indebted to, and build upon, Watchman Nee's commentary on Ephesians entitled *Sit, Walk, Stand*.

THE FIRST POEM: WE ARE GOD'S NEW CHOSEN PEOPLE

POETIC OUTLINE

^{1:3} **Blessed** be the God and Father of our Lord Jesus Christ,
who has blessed us with every **spiritual blessing** in the heavenly places in Christ,
⁴ just as **He chose us in him** before the foundation of the world,
that we would be holy and blameless before Him
in love ⁵ **He predestined us to adoption as sons through Jesus Christ** to Himself,

according to the kind intention of His will, ⁶ to the praise of the glory
of His grace, which He freely bestowed on us in the beloved
⁷ in him we have **redemption** through his blood,
the **forgiveness** of our trespasses, according to the riches
of His grace ⁸ **which He lavished on us** in all wisdom and insight
⁹ He made known to us the mystery of **His will, according to His kind intention** which He purposed
in him ¹⁰ with a view to an administration suitable to the fullness of the times,
that is, the summing up of **all things** in Christ,
things in the heavens and things on the earth
in him ¹¹ also we have obtained an inheritance,

having been **predestined** according to His purpose who works all things after the counsel of His will,
¹² to the end **that we** who were the first to hope in Christ **would be to the praise of His glory**
¹³ in him, you also, after listening to the message of truth, the gospel of your salvation--**having also**
believed, you were sealed in him with the Holy Spirit of promise,
¹⁴ who is given as a pledge of our **inheritance**, with a view to the redemption of God's own possession,
to the **praise of His glory**.

Thematic Summary of the Poetic Outline

Blessed be God

We have every spiritual blessing

He chose us

That we would be holy and blameless

He predestined us to adoption

According to the kind intention of His will

Grace freely bestowed

Redemption by his blood

Forgiveness of our trespasses

Grace lavished upon us

According to the kind intention of His will

In him is an administration [household]

All things summed up in Christ

Things in heaven and on earth

In him we have an inheritance

He predestined us according to His purpose

That we would be to the praise of His glory

We believed

We are sealed by the Holy Spirit into Christ

Praise be to God

With Emphasis on the 'In Christ' Language

^{1:3} Blessed be the God and Father of our Lord Jesus Christ,
who has blessed us with every spiritual blessing in the heavenly places **in Christ**,
⁴ just as He chose us **in him** before the foundation of the world,
that we would be holy and blameless before Him
in love ⁵ He predestined us to adoption as sons **through Jesus Christ** to Himself,
according to the kind intention of His will, ⁶ to the praise of the glory
of His grace, which He freely bestowed on us **in the beloved**
⁷ **in him** we have redemption through his blood,
the forgiveness of our trespasses, according to the riches
of His grace ⁸ which He lavished on us in all wisdom and insight
⁹ He made known to us the mystery of His will, according to His kind intention which He purposed
in him ¹⁰ with a view to an administration suitable to the fullness of the times, that is,
the summing up of all things **in Christ**,
things in the heavens and things on the earth
in him ¹¹ also we have obtained an inheritance,
having been predestined according to His purpose who works all things after the counsel of His will,
¹² to the end that we who were the first to hope **in Christ** would be to the praise of His glory
¹³ **in him**, you also, after listening to the message of truth, the gospel of your salvation--having also believed,
you were sealed **in him** with the Holy Spirit of promise, ¹⁴ who is given as a pledge of our inheritance, with a view to the
redemption of God's own possession,
to the praise of His glory.

THE FIRST PRAYER: TO EXPERIENCE GOD’S RESURRECTION POWER

The Two Examples of God’s Power: From Death to Life

<p>^{1:15} For this reason I...[pray] ¹⁸ that the eyes of your heart may be enlightened, so that you may know (1) what is the hope of His calling, (2) what are the riches of the glory of the inheritance in the saints, and (3) ¹⁹ what is the surpassing greatness of His power towards us who believe.</p>	<p>(1) Jesus was raised from the dead</p>		<p>(2) We were raised from the dead</p>	
		<p>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 that is named, not only in this age but also in the one to come. ²² And He put all things in subjection under His feet, and gave Him as head over all things to the church, ²³ which is His body, the fullness of Him who fills all in all.</p>		<p>and seated us with him in the heavenly places in Christ Jesus, ⁷ so that in the ages to come He might show the surpassing riches of His grace in kindness toward us in Christ Jesus. ⁸ For by grace you have been saved through faith; and that not of yourselves, it is the gift of God; ⁹ not as a result of works, so that no one may boast. ¹⁰ For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.</p>
	<p>¹⁹ These are in accordance with the working of the strength of His might, ²⁰ which He brought about in Christ, when He raised him from the dead</p>		<p>^{2:1} And you were dead in your trespasses and sins, ² in which you formerly walked according to the course of this world, according to the prince of the power of the air, of the spirit that is now working in the sons of disobedience. ³ Among them we too all formerly lived in the lusts of our flesh, indulging the desires of the flesh and of the mind, and were by nature children of wrath, even as the rest. ⁴ But God, being rich in mercy, because of His great love with which He loved us, ⁵ even when we were dead in our transgressions, made us alive together with Christ (by grace you have been saved), ⁶ and raised us up with him</p>	

Emphasis: The resurrection power of God, demonstrated in these two instances, is available to you RIGHT NOW! Where do you need that power? Where do you feel like you’ve stayed in a tomb?

THE SECOND POEM: WE ARE GOD'S NEW TEMPLE

POETIC OUTLINE

- ^{2:11} Therefore remember then that formerly **you, the Gentiles** in the flesh, who are called 'uncircumcision' by **the so-called 'circumcision'** which is performed in the flesh by human hands –
- ¹² remember that you were once **separate** from Christ, **excluded** from the commonwealth of Israel, **strangers** to the covenants of promise
having **no hope** and **without God** in the world.
- ¹³ But now in Christ Jesus you who were once **far off** have been brought **near** by the blood of Christ.
- ¹⁴ For he is our **peace**, who has made **both groups into one** and broke down the barrier of the dividing wall ¹⁵ by **abolishing** in his flesh the **enmity**,
the law of commandments contained in ordinances, so that in himself he might make the two into one new humanity
thus establishing **peace**, ¹⁶ and might reconcile them **both in one body** to God through the cross, by it having **put to death** the **enmity**.
- ¹⁷ And he came and preached peace to you who were **far away** and peace to those who were **near**
- ¹⁸ for through him **we both have our access** in one Spirit to the Father.
- ¹⁹ So then you are no longer **strangers** and **aliens** but you are **fellow citizens** with the saints and members of the household of God
- ²⁰ having been built upon the **foundation of the apostles and prophets** (Jesus Christ himself being the cornerstone ²¹ in whom the whole building, being fitted together, is growing into a holy temple in the Lord ²² in whom **you also** are being built together into a dwelling of God in the Spirit.

Summary of the Second Poem: You Are the New Temple

You the Gentiles in the flesh
Jews in the flesh
separated, alienated, strangers
no hope, without God
afar off, near
peace, two one, hostility
abolishing the law, one new humanity
peace, two in one, hostility
far off, near
we both have access to the Father.
no longer strangers and sojourners but fellow citizens
Jews in the Lord
You Gentiles in the Spirit

With Emphasis on the 'In Christ' Language

^{2:11} Therefore remember then that formerly you, the Gentiles **in the flesh**, who are called 'uncircumcision' by the so-called 'circumcision' which is performed **in the flesh** by human hands –

¹² remember that you were once separate from Christ, excluded from the commonwealth of Israel, strangers to the covenants of promise

having no hope and without God **in the world**.

¹³ But now **in Christ Jesus** you who were once far off have been brought near by the blood of Christ.

¹⁴ For he is our peace, who has made both groups into one and broke down the barrier of the dividing wall ¹⁵ by abolishing **in his flesh** the enmity,

the law of commandments contained in ordinances, so that **in himself** he might make the two into one new humanity

thus establishing peace, ¹⁶ and might reconcile them both **in one body** to God through the cross, by it having put to death the enmity.

¹⁷ And he came and preached peace to you who were far away and peace to those who were near

¹⁸ for **through him** we both have our access **in one Spirit** to the Father.

¹⁹ So then you are no longer strangers and aliens but you are fellow citizens with the saints and members of the household of God

²⁰ having been built upon the foundation of the apostles and prophets (Jesus Christ himself being the

cornerstone ²¹ **in whom** the whole building, being fitted together, is growing into a holy temple **in the Lord**

²² **in whom** you also are being built together into a dwelling of God **in the Spirit**.

VISION FOR COMMUNITY LIFE IN CHRIST IN EPHESIANS 4:17 – 5:6

Walk no longer just as the Gentiles also walk (4:17 – 19)

Why? The Gentile condition is corruption from the inside – out; heart → mind → body:

- mind: ^{4:17} in the futility of their *mind*, ¹⁸ being darkened in their understanding, excluded from the life of God because of the ignorance that is in them,
- heart: ^{4:18} because of the hardness of their *heart*;
- body: ^{4:19} and they, having become callous, have given themselves over to sensuality for the practice of every kind of impurity with greediness.

Because you were transformed at your conversion to Jesus: (4:20 – 24)

²⁰ But you did not learn Christ in this way, ²¹ if indeed you have heard Him and have been taught in Him, just as truth is in Jesus, ²² that, in reference to your former manner of life,

- you lay aside the *old self*, which is being corrupted in accordance with the lusts of deceit,
- ²³ and that you be renewed in the *spirit of your mind*,
- ²⁴ and put on the *new self*, which in God has been created in righteousness and holiness of the truth.

Therefore, love one another in Christ (4:25 – 5:4)

Don't	Do	Why
Speak falsehood	Speak truth	We are members of one another (4:25)
Sin	Be angry, resolve quickly	To not give the devil a foothold (4:26-27)
Steal from others	Labor on your own	So you can give (4:28)
Speak unwholesome	Speak grace	To not grieve the Holy Spirit (4:29-30)
Be verbally bitter	Be kind, forgive	God in Christ forgave you (4:31-32)
Be immoral, impure, greedy	Walk in love	Christ loved us (5:1-3)
Say filthy, silly, coarse things	Give thanks	What is proper (5:4)

Remember the definition of the kingdom (5:5 – 6)

⁵ For this you know with certainty, that no immoral or impure person or covetous man, who is an idolater, has an inheritance in the kingdom of Christ and God. ⁶ Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience.

PAUL'S LETTER TO THE EPHESIANS
GRAMMATICAL/POETIC OUTLINE

Mako A. Nagasawa

^{1:1} Paul, an apostle of Christ Jesus by the will of God,
to the saints
 who are at Ephesus and
 who are faithful in Christ Jesus:
² Grace to you and peace from
 God our Father and
 the Lord Jesus Christ.

The First Poem: You Are the Renewed Chosen People

^{1:3} **Blessed** be the God and Father of our Lord Jesus Christ,
 who has blessed us with every **spiritual blessing** in the heavenly places in Christ,
 ⁴ just as **He chose us in him** before the foundation of the world,
 that we would be holy and blameless before Him
 in love ⁵**He predestined us to adoption as sons through Jesus Christ** to Himself,

 according to the kind intention of His will, ⁶ to the praise of the glory
 of His grace, which He freely bestowed on us in the beloved
 ⁷ in him we have **redemption** through his blood,
 the **forgiveness** of our trespasses, according to the riches
 of His grace ⁸ **which He lavished on us** in all wisdom and insight
 ⁹ He made known to us the mystery of **His will, according to His kind intention** which He purposed
 in him ¹⁰ with a view to an administration suitable to the fullness of the times,
 that is, the summing up of **all things** in Christ,
 things in the heavens and things on the earth
 in him ¹¹ also we have obtained an inheritance,

 having been **predestined** according to His purpose who works all things after the counsel of His will,
 ¹² to the end **that we** who were the first to hope in Christ **would be to the praise of His glory**
 ¹³ in him, you also, after listening to the message of truth, the gospel of your salvation--**having also**
 believed, you were sealed in him with the Holy Spirit of promise,
 ¹⁴ who is given as a pledge of our **inheritance**, with a view to the redemption of God's own possession,
to the **praise of His glory**.

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 We have every spiritual blessing
 He chose us
 That we would be holy and blameless
 He predestined us to adoption
 According to the kind intention of His will
 Grace freely bestowed
 Redemption by his blood
 Forgiveness of our trespasses
 Grace lavished upon us
 According to the kind intention of His will
 In him is an administration [household]
 All things summed up in Christ
 Things in heaven and on earth
 In him we have an inheritance
 He predestined us according to His purpose
 That we would be to the praise of His glory
 We believed
 We are sealed by the Holy Spirit into Christ
 Praise be to God

Paul's First Prayer: To Know God's Resurrection Power

¹⁵ For this reason I too, having heard of
the faith in the Lord Jesus which exists among you,
and your love for all the saints,
¹⁶ do not cease giving thanks for you,
while making mention of you in my prayers,
¹⁷ that the God of our Lord Jesus Christ, the Father of glory, may give to you
a spirit
of wisdom
and of revelation in the knowledge of Him,
¹⁸ that the eyes of your heart may be enlightened,
so that you may know
what is the hope of His calling,
what are the riches of the glory of the inheritance in the saints, and
¹⁹ what is the surpassing greatness of His power
towards us who believe.

The Demonstration of God's Power: God Raised Christ from the Dead

These are ours in accordance with the working of the strength of His might
²⁰ which He brought about in Christ,
when He 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 that is named,
not only in this age,
but also in the one to come.
²² And He put all things in subjection under his feet,
and gave him as head over all things to the church,
²³ which is his body, the fulness of him who fills all in all.

The Demonstration of God's Power: God Raised You from the Dead in Christ

^{2:1} And you were dead in your trespasses and sins, ² in which you formerly walked
according to the course of this world,
according to the prince of the power of the air,
of the spirit that is now working in the sons of disobedience.
³ Among them we too all formerly lived in the lusts of our flesh,
indulging the desires of the flesh and of the mind,
and were by nature children of wrath, even as the rest.
⁴ But God,
being rich in mercy,
because of His great love with which He loved us,
⁵ even when we were dead in our transgressions,
made us alive together with 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 in order that in the ages to come He might show
the surpassing riches of His grace in kindness towards us
in Christ Jesus.
⁸ For by grace you have been saved through faith,
and that not of yourselves, it is the gift of God,

⁹ not as a result of works, that no one should boast.

¹⁰ For we are His workmanship (masterpiece),
created in Christ Jesus for good works,
which He prepared beforehand, that we should walk in them.

The Second Poem: You Are the New Temple of God

^{2:11} Therefore remember then that formerly you, the Gentiles in the flesh, who are called ‘uncircumcision’
by the so-called ‘circumcision’ which is performed in the flesh by human hands –
¹² remember that you were once separate from Christ, excluded from the commonwealth of Israel, strangers
to the covenants of promise
having no hope and without God in the world.
¹³ But now in Christ Jesus you who were once far off have been brought near by the blood of
Christ.
¹⁴ For he is our peace, who has made both groups into one and broke down the barrier of the
dividing wall ¹⁵ by abolishing in his flesh the enmity,
the law of commandments contained in ordinances, so that in himself he might make the
two into one new humanity
thus establishing peace, ¹⁶ and might reconcile them both in one body to God through the
cross, by it having put to death the enmity.
¹⁷ And he came and preached peace to you who were far away and peace to those who were near
¹⁸ for through him we both have our access in one Spirit to the Father.
¹⁹ So then you are no longer strangers and aliens but you are fellow citizens with the saints and members of
the household of God
²⁰ having been built upon the foundation of the apostles and prophets (Jesus Christ himself being the
cornerstone ²¹ in whom the whole building, being fitted together, is growing into a holy temple in the Lord
²² in whom you also are being built together into a dwelling of God in the Spirit.

The Gentiles and Israel in God’s Plan

^{3:1} For this reason I, Paul, the prisoner of Christ Jesus for the sake of you Gentiles-
² if indeed you have heard of the stewardship of God’s grace
which was given to me for you;
³ that by revelation there was made known to me the mystery, as I wrote before in brief.
⁴ By referring to this, when you read you can understand my insight into the mystery of Christ,
⁵ which in other generations was not made known to the sons of men,
as it has now been revealed to His holy apostles and prophets in the Spirit;
⁶ to be specific, that the Gentiles are
fellow heirs and
fellow members of the body, and
fellow partakers of the promise in Christ Jesus through the gospel,
⁷ of which I was made a minister,
according to the gift of God’s grace
which was given to me
according to the working of His power.
⁸ To me, the very least of all saints,
this grace was given,
to preach to the Gentiles
the unfathomable riches of Christ,
⁹ and to bring to light
what is the administration of the mystery
which for ages has been hidden in God who created all things;
¹⁰ so that the manifold wisdom of God might now be made known
through the church
to
the rulers and
the authorities
in the heavenly places.

¹¹ This was in accordance with the eternal purpose which He carried out in Christ Jesus our Lord,
¹² in whom we have boldness and confident access through faith in Him.
¹³ Therefore I ask you not to lose heart at my tribulations on your behalf,
for they are your glory.

Paul's Second Prayer: To Be Filled to the Full with God

¹⁴ For this reason I bow my knees before the Father, ¹⁵ from whom every family in heaven and on earth derives its name,

¹⁶ that He would grant you,
according to the riches of His glory,
to be strengthened with power
through His Spirit
in the inner self,
¹⁷ so that Christ may dwell in your hearts through faith; and
that you, being rooted and grounded in love,
¹⁸ may be able to comprehend
with all the saints
what is the breadth and length and height and depth,
¹⁹ and to know the love of Christ which surpasses knowledge,
that you may be filled up to all the fullness of God.

²⁰ Now to Him who is able to do
far more abundantly beyond all that we ask or think,
according to the power that works within us,
²¹ to Him be the glory
in the church and
in Christ Jesus
to all generations forever and ever. Amen.

Walking and Speaking in Christ

^{4:1} Therefore I, the prisoner of the Lord, implore you
to walk in a manner worthy of the calling with which you have been called,
² with all humility and gentleness,
with patience,
showing tolerance for one another in love,
³ being diligent to preserve 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 who is over all and through all and in all.

⁷ But to each one of us grace was given
according to the measure of Christ's gift.

⁸ Therefore it says, 'When He ascended on high,
He led captive a host of captives,' and
he gave gifts to men.

⁹ (Now this expression, 'He ascended,' what does it mean
except that He also had descended into the lower parts of the earth?)

¹⁰ He who descended is Himself also He who ascended far above all the heavens,
so that He might fill all things.)

¹¹ And He gave
some as apostles, and

some as prophets, and
some as evangelists, and
some as pastors and teachers,
¹² for the equipping of the saints for the work of service,
to the building up of the body of Christ;
¹³ until we all attain to
the unity of the faith, and
of the knowledge of the Son of God,
to a mature man,
to the measure of the stature
which belongs to the fullness of Christ.

¹⁴ As a result, we are no longer to be children,
tossed here and there by waves and
carried about

by every wind of doctrine,
by the trickery of men,
by craftiness in deceitful scheming;

¹⁵ but speaking the truth in love, we are to grow up in all aspects into Him who is the head, even Christ,

¹⁶ from whom the whole body,
being fitted and held together by what every joint supplies,
according to the proper working of each individual part,
causes the growth of the body for the building up of itself in love.

¹⁷ So this I say, and affirm together with the Lord,
that you walk no longer just as the Gentiles also walk,
in the futility of their mind,

¹⁸ being darkened in their understanding,
excluded from the life of God
because of the ignorance that is in them,
because of the hardness of their heart;

¹⁹ and they, having become callous, have given themselves over to sensuality
for the practice of every kind of impurity with greediness.

²⁰ But you did not learn Christ in this way,

²¹ if indeed you have heard Him
and have been taught in Him, just as truth is in Jesus,
²² that, in reference to your former manner of life,
you lay aside the old self,

which is being corrupted in accordance with the lusts of deceit,
²³ and that you be renewed in the spirit of your mind,
²⁴ and put on the new self,

which in God has been created in righteousness and holiness of the truth.

²⁵ Therefore,

laying aside falsehood, speak truth each one of you with your neighbor,
for we are members of one another.

²⁶ Be angry, and yet do not sin; do not let the sun go down on your anger,

²⁷ and do not give the devil an opportunity.

²⁸ He who steals must steal no longer; but rather he must labor,
performing with his own hands what is good,
so that he will have something to share with one who has need.

²⁹ Let no unwholesome word proceed from your mouth,
but only such a word as is good for edification according to the need of the moment,
so that it will give grace to those who hear.

³⁰ Do not grieve the Holy Spirit of God,
by whom you were sealed for the day of redemption.

³¹ Let all

bitterness and
wrath and
anger and
clamor and
slander be put away from you, along with
all malice.

³² Be
kind to one another,
tender-hearted,
forgiving each other,
just as God in Christ also has forgiven you

^{5:1} Therefore

be imitators of God, as beloved children;
² and walk in love,
just as Christ also loved you and gave Himself up for us,
an offering and a sacrifice to God as a fragrant aroma.

³ But immorality or
any impurity or
greed
must not even be named among you,
as is proper among saints;

⁴ and there must be no
filthiness and
silly talk, or
coarse jesting,
which are not fitting, but rather giving of thanks.

⁵ For this you know with certainty, that no
immoral or
impure person or
covetous man, who is an idolater,
has an inheritance in the kingdom of Christ and God.

⁶ Let no one deceive you with empty words,
for because of these things
the wrath of God comes upon the sons of disobedience.

⁷ Therefore

do not be partakers with them;
⁸ for you were formerly darkness, but
now you 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 trying to learn what is pleasing to the Lord.
¹¹ Do not participate in the unfruitful deeds of darkness, but instead
even expose them;
¹² for it is disgraceful even to speak of the things which are done by them in secret.

¹³ But all things become visible
when they are exposed by the light,
for everything that becomes visible is light.

¹⁴ For this reason it says,
'Awake, sleeper,
and arise from the dead,
and Christ will shine on you.'

¹⁵ Therefore

be careful how you walk,
not as unwise men but as wise,
¹⁶ making the most of your time,
because the days are evil.

- ¹⁷ So then do not be foolish,
but understand what the will of the Lord is.
- ¹⁸ And do not get drunk with wine,
for that is dissipation,
but be filled with the Spirit,
¹⁹ speaking to one another in
psalms and
hymns and
spiritual songs,
singing and making melody with your heart to the Lord;
²⁰ always giving thanks for all things
in the name of our Lord Jesus Christ
to God, even the Father;
- ²¹ and be subject to one another in the fear of Christ.
- ²² Wives, be subject to your own husbands,
as to the Lord.
- ²³ For the husband is the head of the wife,
as Christ also is the head of the church,
He Himself being the Savior of the body.
- ²⁴ But as the church is subject to Christ,
so also the wives ought to be 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 water with the word,
²⁷ that He might present to Himself the church in all her glory,
having no spot or wrinkle or any such thing;
but that she would be holy and blameless.
- ²⁸ So husbands ought also to love their own wives as their own bodies.
He who loves his own wife loves himself;
²⁹ for no one ever hated his own flesh,
but nourishes and cherishes it,
just as Christ also does the church,
³⁰ because we are members of His body.
- ³¹ For this reason a man shall leave his father and mother
and shall be joined to his wife,
and the two shall become one flesh.
- ³² This mystery is great;
but I am speaking with reference to Christ and the church.
- ³³ Nevertheless, each individual among you also is to love his own wife even as himself,
and the wife must see to it that she respects her husband.
- ^{6:1} Children, obey your parents in the Lord,
for this is right.
- ² Honor your father and mother
(which is the first commandment with a promise),
³ so that it may be well with you, and
that you may live long on the earth.
- ⁴ Fathers, do not provoke your children to anger,
but bring them up in the discipline and instruction of the Lord.
- ⁵ Slaves, be obedient to those who are your masters according to the flesh,
with fear and trembling,
in the sincerity of your heart, as to Christ;
⁶ not by way of eyeservice, as men-pleasers,
but as slaves of Christ, doing the will of God from the heart.
- ⁷ With good will render service,
as to the Lord,

and not to men,

⁸ knowing that whatever good thing each one does,
this he will receive back from the Lord,
whether slave or free.

⁹ And masters, do the same things to them, and give up threatening,
knowing that both their Master and yours is in heaven,
and there is no partiality with Him.

Standing in Christ

¹⁰ Finally, be strong

in the Lord and
in the strength of His might.

¹¹ Put on the full armor of God,

so that you will be able to stand firm against the schemes of the devil.

¹² For our struggle is not against flesh and blood, but
against the rulers,
against the powers,
against the world forces of this darkness,
against the spiritual forces of wickedness in the heavenly places.

¹³ Therefore, take up the full armor of God,
so that you will be able

to resist in the evil day, and having done everything,
to stand firm.

¹⁴ Stand firm therefore,

having girded your loins with truth, and
having put on the breastplate of righteousness ¹⁵ and
having shod your feet with the preparation of the gospel of peace;

¹⁶ in addition to all, taking up the shield of faith
with 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 all prayer and petition

pray at all times in the Spirit,
and with this in view, be on the alert with all perseverance and petition for all the saints,

¹⁹ and pray on my behalf,

that utterance may 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;

that in proclaiming it I may speak boldly, as I ought to speak.

²¹ But that you also may know

about my circumstances,
how I am doing,

Tychicus, the beloved brother
and faithful minister in the Lord,
will make everything known to you.

²² I have sent him to you for this very purpose,

so that you may know about us, and
that he may comfort your hearts.

²³ Peace be to the brethren, and love with faith,

from God the Father
and the Lord Jesus Christ.

²⁴ Grace be with all those who love our Lord Jesus Christ with incorruptible love.