

EPHESIANS 1 (NLT)

1This letter is from Paul, chosen by the will of God to be an apostle of Christ Jesus.

I am writing to God's holy people in Ephesus, who are faithful followers of Christ Jesus.

2May God our Father and the Lord Jesus Christ give you grace and peace.

3All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ. 4Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. 5God decided in advance to adopt us into his

(NASB) 1Paul, an apostle

of Christ Jesus by the will of God,

To the saints who are at Ephesus and *who are* faithful in Christ Jesus: 2Grace to you and peace from God our Father and the Lord Jesus Christ.

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

own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure. ⁶So we praise God for the glorious grace he has poured out on us who belong to his dear Son. ⁷He is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins. ⁸He has showered his kindness on us, along with all wisdom and understanding.

⁹God has now revealed to us his mysterious will regarding Christ—which is to fulfill his own good plan. ¹⁰And this is the plan: At the right time he will bring everything together under the authority of Christ—everything in heaven and on earth. ¹¹Furthermore, because we are united with

Himself, according to the kind intention of His will, ⁶to the praise of the glory of His grace, which He freely bestowed on us in the Beloved. ⁷In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace ⁸which He lavished on us. In all wisdom and insight

⁹He made known to us the mystery of His will, according to His kind intention which He purposed in Him ¹⁰with 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 ¹¹also we have obtained an

Christ, we have received an inheritance from God, for he chose us in advance, and he makes everything work out according to his plan.

¹²God's purpose was that we Jews who were the first to trust in Christ would bring praise and glory to God. ¹³And now you Gentiles have also heard the truth, the Good News that God saves you. And when you believed in Christ, he identified you as his own by giving you the Holy Spirit, whom he promised long ago. ¹⁴The Spirit is God's guarantee that he will give us the inheritance he promised and that he has purchased us to be his own people. He did this so we would praise and glorify him.

¹⁵Ever since I first heard of your strong faith in the Lord

inheritance, having been predestined according to His purpose who works all things after the counsel of His will, ¹²to the end that we who were the first to hope in Christ would be to the praise of His glory.

¹³In 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, ¹⁴who 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.

¹⁵For this reason I too, having heard of the faith in the Lord

Jesus and your love for God's people everywhere, 16I have not stopped thanking God for you. I pray for you constantly, 17asking God, the glorious Father of our Lord Jesus Christ, to give you spiritual wisdom and insight so that you might grow in your knowledge of God. 18I pray that your hearts will be flooded with light so that you can understand the confident hope he has given to those he called—his holy people who are his rich and glorious inheritance.

19I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same mighty power 20that raised Christ from the dead and seated him in the place of honor at God's right hand in the heavenly realms. 21Now

Jesus which *exists* among you and your love for all the saints, 16do not cease giving thanks for you, while making mention *of you in* my prayers; 17that 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. 18I *pray that* the eyes of your heart may be enlightened, so that you will know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, 19and what is the surpassing greatness of His power toward us who believe. *These are* in accordance with the working of the strength of His might 20which He brought about in Christ, when He raised Him from the dead and seated Him at His right hand in the heavenly *places*, 21far above all rule and

he is far above any ruler or authority and power and authority or power or leader or dominion, and every name that anything else—not only in this is named, not only in this age world but also in the world to but also in the one to come. 22God has put all things 22And He put all things in under the authority of Christ subjection under His feet, and and has made him head over gave Him as head over all things all things for the benefit of the to the church, 23which is His church. 23And the church is body, the fullness of Him who his body; it is made full and fills all in all. complete by Christ, who fills all things everywhere with himself.

EPHESIANS 2

1Once you were dead because of your disobedience and your many sins. 2You used to live in sin, just like the rest of the world, obeying the devil—the commander of the powers in the unseen world. He is the spirit at work in the hearts

1And you were dead in your trespasses and sins, 2in 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. 3Among them we too all formerly lived in the lusts of our flesh, indulging the

of those who refuse to obey God. 3All of us used to live that way, following the passionate desires and inclinations of our sinful nature. By our very nature we were subject to God's anger, just like everyone else. 4But God is so rich in mercy, and he loved us so much, 5that even though we were dead because of our sins, he gave us life when he raised Christ from the dead. (It is only by God's grace that you have been saved!) 6For he raised us from the dead along with Christ and seated us with him in the heavenly realms because we are united with Christ Jesus. 7So God can point to us in all future ages as examples of the incredible wealth of his grace and kindness toward us, as shown in all he has done for us who are united with Christ

desires of the flesh and of the mind, and were by nature children of wrath, even as the rest. 4But God, being rich in mercy, because of His great love with which He loved us, 5even when we were dead in our transgressions, made us alive together with Christ (by grace you have been saved), 6and raised us up with Him, and seated us with Him in the heavenly *places* in Christ Jesus, 7so that in the ages to come He might show the surpassing riches of His grace in kindness toward us in Christ Jesus.

Jesus.

8God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God. 9Salvation is not a reward for the good things we have done, so none of us can boast about it. 10For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

11Don't forget that you Gentiles used to be outsiders. You were called "uncircumcised heathens" by the Jews, who were proud of their circumcision, even though it affected only their bodies and not their hearts. 12In those days you were living apart from Christ. You were excluded from citizenship among the people of

8For by grace you have been saved through faith; and that not of yourselves, *it is* the gift of God; 9not as a result of works, so that no one may boast. 10For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.

11Therefore remember 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 at that time separate from

Israel, and you did not know the covenant promises God had made to them. You lived in this world without God and without hope. 13But now you have been united with Christ Jesus. Once you were far away from God, but now you have been brought near to him through the blood of Christ.

14For Christ himself has brought peace to us. He united Jews and Gentiles into one people when, in his own body on the cross, he broke down the wall of hostility that separated us. 15He did this by ending the system of law with its commandments and regulations. He made peace between Jews and Gentiles by creating in himself one new people from the two groups.

16Together as one body, Christ reconciled both groups to God

Christ, excluded from the commonwealth of Israel, and strangers to the covenants of promise, having no hope and without God in the world.

13But now in Christ Jesus you who formerly were far off have been brought near by the blood of Christ. 14 For He

Himself is our peace, who made both *groups into one* and broke down the barrier of the dividing wall, 15by abolishing in His flesh the enmity, *which is the Law of commandments contained in ordinances*, so that in Himself He might make the two into one new man, *thus establishing peace,*

16and might reconcile them both in one body to God through the cross, by it

by means of his death on the cross, and our hostility toward each other was put to death.

17He brought this Good News of peace to you Gentiles who were far away from him, and peace to the Jews who were near. 18Now all of us can come to the Father through the same Holy Spirit because of what Christ has done for us.

19So now you Gentiles are no longer strangers and foreigners. You are citizens along with all of God's holy people. You are members of God's family. 20Together, we are his house, built on the foundation of the apostles and the prophets. And the cornerstone is Christ Jesus himself. 21We are carefully joined together in him, becoming a holy temple for the

having put to death the enmity. 17And He came and preached peace to you who were far away, and peace to those who were near; 18for through Him we both have our access in one Spirit to the Father.

19So then you are no longer strangers and aliens, but you are fellow citizens with the saints, and are of God's household, 20having been built on the foundation of the apostles and prophets, Christ Jesus Himself being the cornerstone,

21in whom the whole building, being fitted together, is growing into a

Lord. ²²Through him you Gentiles are also being made part of this dwelling where God lives by his Spirit.

holy temple in the Lord, ²²in whom you also are being built together into a dwelling of God in the Spirit.

EPHESIANS 3

¹When I think of all this, I, Paul, a prisoner of Christ Jesus for the benefit of you Gentiles . . .

²assuming, by the way, that you know God gave me the special responsibility of extending his grace to you Gentiles. ³As I briefly wrote earlier, God himself revealed his mysterious plan to me. ⁴As you read what I have written, you will understand my insight into this plan regarding Christ. ⁵God did not reveal it to previous generations, but now by his Spirit he has revealed it to his holy apostles and prophets.

⁶And this is God's plan: Both Gentiles and Jews who believe

¹For this reason I, Paul, the prisoner of Christ Jesus for the sake of you Gentiles— ²if indeed you have heard of the stewardship of God's grace which was given to me for you; ³that by revelation there was made known to me the mystery, as I wrote before in brief. ⁴By referring to this, when you read you can understand my insight into the mystery of Christ, ⁵which in other generations was not made known to the sons of men, as it has now been

the Good News share equally in the riches inherited by God's children. Both are part of the same body, and both enjoy the promise of blessings because they belong to Christ Jesus.

7By God's grace and mighty power, I have been given the privilege of serving him by spreading this Good News.

8Though I am the least deserving of all God's people, he graciously gave me the privilege of telling the Gentiles about the endless treasures available to them in Christ. 9I was chosen to explain to everyone this mysterious plan that God, the Creator of all things, had kept secret from the beginning.

10God's purpose in all this was to use the church to display

revealed to His holy apostles and prophets in the Spirit; 6to *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, 7of 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.

8To me, the very least of all saints, this grace was given, to preach to the Gentiles the unfathomable riches of Christ, 9and to bring to light what is the administration of the mystery which for ages has been hidden in God who created all things; 10so that

his wisdom in its rich variety to all the unseen rulers and authorities in the heavenly places. 11This was his eternal plan, which he carried out through Christ Jesus our Lord.

12Because of Christ and our faith in him, we can now come boldly and confidently into God's presence. 13So please don't lose heart because of my trials here. I am suffering for you, so you should feel honored.

14When I think of all this, I fall to my knees and pray to the Father, 15the Creator of everything in heaven and on earth.16I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. 17Then Christ will make his home in your hearts as you

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, 12in whom we have boldness and confident access through faith in Him.* 13Therefore I ask you not to lose heart at my tribulations on your behalf, for they are your glory.

14For this reason I bow my knees before the Father, 15from whom every family in heaven and on earth derives its name, 16that He would grant you, according to the riches of His glory, to be

trust in him. Your roots will grow down into God's love and keep you strong. 18And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. 19May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.

20Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think. 21Glory to him in the church and in Christ Jesus through all generations forever and ever! Amen.

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

20Now 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, 21to Him *be* the glory in the church and in Christ Jesus to all generations forever and ever. Amen.

EPHESIANS 4

1Therefore I, a prisoner for serving the Lord, beg you to lead a life worthy of your calling, for you have been called by God. 2Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. 3Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace. 4For there is one body and one Spirit, just as you have been called to one glorious hope for the future.

5There is one Lord, one faith,

one baptism,

6one God and Father of all,

who is over all, in all, and living

through all.

7However, he has given each one of us a special gift through

1Therefore I, the prisoner of the Lord, implore you to walk in a manner worthy of the calling with which you have been called, 2with all humility and gentleness, with patience, showing tolerance for one another in love, 3being 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; 5one Lord, one faith, one baptism, 6one God and Father of all who is over all and through all and in all.

7But to each one of us grace was given according to the

the generosity of Christ. 8That is why the Scriptures say, “When he ascended to the heights, he led a crowd of captives and gave gifts to his people.”

9Notice that it says “he ascended.” This clearly means that Christ also descended to our lowly world. 10And the same one who descended is the one who ascended higher than all the heavens, so that he might fill the entire universe with himself.

11Now these are the gifts Christ gave to the church: the apostles, the prophets, the evangelists, and the pastors and teachers.

12Their responsibility is to equip God’s people to do his work and build up the church, the body of Christ. 13This will continue until we all come to such unity in our faith and knowledge of God’s

measure of Christ’s gift.

8Therefore 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? 10He who descended is Himself also He who ascended far above all the heavens, so that He might fill all things.) 11And He gave some as apostles, and some as prophets, and some as evangelists, and some as pastors and teachers, 12for the equipping of the saints for the work of service, to the building up of the body of Christ; 13until

Son that we will be mature in the Lord, measuring up to the full and complete standard of Christ.

14Then we will no longer be immature like children. We won't be tossed and blown about by every wind of new teaching. We will not be influenced when people try to trick us with lies so clever they sound like the truth.

15Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church. 16He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love.

17With the Lord's authority I say this: Live no longer as the Gentiles do, for they are

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; 15but speaking the truth in love, we are to grow up in all *aspects* into Him who is the head, *even* Christ, 16from 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.

17So this I say, and affirm together with the Lord, that you walk no longer just as the

hopelessly confused. 18Their minds are full of darkness; they wander far from the life God gives because they have closed their minds and hardened their hearts against him. 19They have no sense of shame. They live for lustful pleasure and eagerly practice every kind of impurity. 20But that isn't what you learned about Christ. 21Since you have heard about Jesus and have learned the truth that comes from him, 22throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. 23Instead, let the Spirit renew your thoughts and attitudes. 24Put on your new nature, created to be like God—truly righteous and holy.

Gentiles also walk, in the futility of their mind, 18being 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; 19and they, having become callous, have given themselves over to sensuality for the practice of every kind of impurity with greediness. 20But you did not learn Christ in this way, 21if indeed you have heard Him and have been taught in Him, just as truth is in Jesus, 22that, 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, 23and that you be renewed in the spirit of your mind, 24and put on the new self, which in *the likeness of* God has been created in righteousness and holiness of the truth.

25 So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body.

26 And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry,

27 for anger gives a foothold to the devil.

28 If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need.

29 Don’t use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

30 And do not bring sorrow to God’s Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption.

31 Get rid of all bitterness,

25 Therefore, laying aside falsehood, speak truth each one of you with his 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

rage, anger, harsh words,
and slander, as well as all
types of evil behavior.

32Instead, be kind to each
other, tenderhearted,
forgiving one another, just as
God through Christ has
forgiven you.

away from you, along with all
malice. 32Be kind to one
another, tender-hearted,
forgiving each other, just as God
in Christ also has forgiven you.

EPHESIANS 5

1Imitate God, therefore, in
everything you do, because you
are his dear children. 2Live a
life filled with love, following the
example of Christ. He loved us
and offered himself as a
sacrifice for us, a pleasing
aroma to God.

3Let there be no sexual
immorality, impurity, or greed
among you. Such sins have no
place among God's people.

4Obscene stories, foolish talk,

1Therefore be imitators of
God, as beloved children; 2and
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.

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

4and *there must be no*
filthiness and silly talk, or

and coarse jokes—these are not for you. Instead, let there be thankfulness to God. ⁵You can be sure that no immoral, impure, or greedy person will inherit the Kingdom of Christ and of God. For a greedy person is an idolater, worshiping the things of this world.

⁶Don't be fooled by those who try to excuse these sins, for the anger of God will fall on all who disobey him. ⁷Don't participate in the things these people do. ⁸For once you were full of darkness, but now you have light from the Lord. So live as people of light! ⁹For this light within you produces only what is good and right and true. ¹⁰Carefully determine what pleases the Lord. ¹¹Take no part in the worthless deeds of evil and darkness; instead,

coarse jesting, which are not fitting, but rather giving of thanks. ⁵For 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.

⁶Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience. ⁷Therefore do not be partakers with them; ⁸for 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), ¹⁰trying to learn what is pleasing to the Lord.

expose them. 12It is shameful even to talk about the things that ungodly people do in secret.

13But their evil intentions will be exposed when the light shines on them, 14for the light makes everything visible. This is why it is said,

“Awake, O sleeper,
rise up from the dead,
and Christ will give you light.”

15So be careful how you live. Don't live like fools, but like those who are wise. 16Make the most of every opportunity in these evil days. 17Don't act thoughtlessly, but understand what the Lord wants you to do.

11Do not participate in the unfruitful deeds of darkness, but instead even expose them; 12for it is disgraceful even to speak of the things which are done by them in secret. 13But all things become visible when they are exposed by the light, for everything that becomes visible is light. 14For this reason it says,
“Awake, sleeper, And arise from the dead, And Christ will shine on you.”

15Therefore be careful how you walk, not as unwise men but as wise, 16making the most of your time, because the days are evil. 17So then do not be foolish, but

18Don't be drunk with wine,
because that will ruin your life.
Instead, be filled with the Holy
Spirit, 19singing psalms and
hymns and spiritual songs
among yourselves, and making
music to the Lord in your hearts.
20And give thanks for everything
to God the Father in the name of
our Lord Jesus Christ.

21And further, submit to one
another out of reverence for
Christ.

22For wives, this means
submit to your husbands as to
the Lord. 23For a husband is
the head of his wife as Christ is
the head of the church. He is
the Savior of his body, the

understand what the will of
the Lord is. 18And do not get
drunk with wine, for that is
dissipation, but be filled with
the Spirit, 19speaking to one
another in psalms and hymns
and spiritual songs, singing
and making melody with your
heart to the Lord; 20always
giving thanks for all things in
the name of our Lord Jesus
Christ to God, even the
Father;

21and be subject to one
another in the fear of Christ.

22Wives, *be subject* to your
own husbands, as to the
Lord. 23For the husband is
the head of the wife, as Christ
also is the head of the church,
He Himself *being* the Savior

church. 24As the church submits to Christ, so you wives should submit to your husbands in everything.

25For husbands, this means love your wives, just as Christ loved the church. He gave up his life for her 26to make her holy and clean, washed by the cleansing of God's word. 27He did this to present her to himself as a glorious church without a spot or wrinkle or any other blemish. Instead, she will be holy and without fault. 28In the same way, husbands ought to love their wives as they love their own bodies. For a man who loves his wife actually shows love for himself. 29No one hates his own body but feeds and cares for it, just as Christ cares for the church.

of the body. 24But as the church is subject to Christ, so also the wives *ought to be* 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 might sanctify her, having cleansed her by the washing of water with the word, 27that 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. 28So husbands ought also to love their own wives as their own bodies. He who loves his own wife loves himself; 29for no one ever hated his own flesh, but nourishes and cherishes

30And we are members of his body.

31As the Scriptures say, “A man leaves his father and mother and is joined to his wife, and the two are united into one.”³²This is a great mystery, but it is an illustration of the way Christ and the church are one.

³³So again I say, each man must love his wife as he loves himself, and the wife must respect her husband.

it, just as Christ also *does* the church, ³⁰because we are members of His body.

31For this reason a man shall leave his father and mother and shall be joined to his wife, and the two shall become one flesh. ³²This mystery is great; but I am speaking with reference to Christ and the church. ³³Nevertheless, 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.

EPHESIANS 6

1Children, obey your parents because you belong to the Lord, for this is the right thing to do.

2“Honor your father and mother.”

1Children, obey your parents in the Lord, for this is right.

2Honor your father and mother (which is the first commandment with a promise),

This is the first commandment with a promise: ³If you honor your father and mother, “things will go well for you, and you will have a long life on the earth.”

⁴Fathers, do not provoke your children to anger by the way you treat them. Rather, bring them up with the discipline and instruction that comes from the Lord.

⁵Slaves, obey your earthly masters with deep respect and fear. Serve them sincerely as you would serve Christ. ⁶Try to please them all the time, not just when they are watching you. As slaves of Christ, do the will of God with all your heart.

⁷Work with enthusiasm, as though you were working for the Lord rather than for people. ⁸Remember that the Lord will reward each one of us for the

³so that it may be well with you, and that you may live long on the earth.

⁴Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.

⁵Slaves, 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; ⁶not by way of eyeservice, as men-pleasers, but as slaves of Christ, doing the will of God from the heart. ⁷With good will render service, as to the Lord, and not to men, ⁸knowing that whatever good thing each one does, this he will receive back

good we do, whether we are slaves or free.

9Masters, treat your slaves in the same way. Don't threaten them; remember, you both have the same Master in heaven, and he has no favorites.

10A final word: Be strong in the Lord and in his mighty power.

11Put on all of God's armor so that you will be able to stand firm against all strategies of the devil.

12For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.

13Therefore, put on every piece of God's armor so you will be

from the Lord, whether slave or free.

9And 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.

10Finally, be strong in the

Lord and in the strength of His

might. 11Put on the full armor of God, so that you will be able to stand firm against the schemes

of the devil. 12For 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.

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

able to resist the enemy in the time of evil. Then after the battle you will still be standing firm.

14Stand your ground, putting on the belt of truth and the body armor of God's righteousness.

15For shoes, put on the peace that comes from the Good News so that you will be fully prepared.

16In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. 17Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God.

18Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.

19And pray for me, too. Ask God to give me the right words so I can boldly explain God's

be able to resist in the evil day, and having done everything, to stand firm. 14Stand firm

therefore, having girded your loins with truth, and having put on the breastplate of

righteousness, 15and having shod your feet with the preparation of the gospel of

peace; 16in 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*. 17And take the helmet of salvation, and the sword of the Spirit, which is the word of God.

18With 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, 19and *pray* on my behalf, that utterance may be given to me in the opening of my mouth, to

mysterious plan that the Good News is for Jews and Gentiles alike. 20I am in chains now, still preaching this message as God's ambassador. So pray that I will keep on speaking boldly for him, as I should.

21To bring you up to date, Tychicus will give you a full report about what I am doing and how I am getting along. He is a beloved brother and faithful helper in the Lord's work. 22I have sent him to you for this very purpose—to let you know how we are doing and to encourage you.

23Peace be with you, dear brothers and sisters, and may God the Father and the Lord Jesus Christ give you love with faithfulness. 24May God's grace be eternally upon all who love our Lord Jesus Christ.

make known with boldness the mystery of the gospel, 20for which I am an ambassador in chains; that in *proclaiming* it I may speak boldly, as I ought to speak.

21But 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. 22I have sent him to you for this very purpose, so that you may know about us, and that he may comfort your hearts.

23Peace be to the brethren, and love with faith, from God the Father and the Lord Jesus Christ. 24Grace be with all those who love our Lord Jesus Christ with incorruptible *love*.