

The letter that Paul wrote to the Christians at Ephesus (The book in the Holy Bible called Ephesians) About this letter

Paul wrote this letter about 2,000 years ago, about 30 years after Jesus went back to heaven, and it is now part of the Holy Bible.

God sent Paul to lots of countries and lots of towns to tell people about Jesus. One of those towns was Ephesus (see Acts 18:19—20:1). It was a big town in the country that is now called Turkey. About 200 years later the enemies of Ephesus broke it down, and today there are just stones and rubbish at that place in Turkey.

At the time when Paul wrote this letter, the people called the Romans were the bosses over lots of nations. The Roman bosses didn't like Paul telling people about Jesus, so they grabbed him and put him in jail. Paul wrote this letter while he was in that jail, in Rome.

In this letter, Paul wrote about how God planned great things for us Christians. He wrote about how Jesus joins all of us together into his family, no matter what nation we belong to, so that we can be strong for God and live the way he wants us to live.

Paul wrote this letter a long time ago, but it still has good messages for us today. So we have

to take notice today of those messages that Paul wrote to the Christians at Ephesus.

¹ I am Paul, and this letter is from me. God got me to be one of Jesus Christ's special workers. I'm sending this letter to all God's people there at Ephesus, all you people that follow Jesus Christ properly.*

² I'm asking God our father, and Jesus Christ our leader, to be good to you, and to make you feel happy and quiet inside yourselves.

God gives us a lot

³ God is the father of our leader Jesus Christ. God joined us to Jesus, and he gave us every good thing that our spirits need. So we have to thank him a lot.

⁴ A long time ago, before God made the world, he picked us to be his people, and he joined us to Jesus Christ, so that now God can say we are good, like we never did anything wrong. He loved us,

⁵ so he got Jesus to bring us into his family, and now we can be God's own kids. God did that because it is what he really wanted to do.

⁶ So we thank him a lot for that. God loves his son, Jesus, very much, and after we are joined to his son, God is really good to us too.

⁷ You know, we were prisoners of the devil, the boss over the bad spirits. But Jesus died for us, and his blood came out for us. Jesus paid for us with his own blood, and he set us free from the

* **1:1** Acts 18:19-21; 19:1

devil. So now God will not punish us for all the bad things we did. Yes, God is very good to us.*

⁸ He does all that for us, and he also makes us wise and helps us to think properly.

⁹ God planned it all a long time ago, and nobody knew about it. But now he let us know about it. He told us that he is using Jesus to do the things he planned, things that make him happy.

¹⁰ And at the right time he will finish doing the things he planned. He will bring everything together, the things in heaven, and the things on the earth. God will bring them all together, and Jesus Christ will be the leader and boss over everything.

¹¹ God always does everything that he plans. And a long time ago, he picked us, and planned to join us to Jesus Christ and make us his people.

¹² At first he picked the Jewish people. They were the first to trust Jesus Christ, and to wait for him to save them. God wanted the Jews to be the first people to praise him, and to say that he is really great.

¹³ Now it is your turn. You people that are not Jews, you heard that good news that God saves you, and you believed in Jesus Christ. And God gave you his Holy Spirit, just like he promised. His spirit in you is like his sign on you, to show everyone that you belong to him.

¹⁴ And now God promises us that one day we will be properly free from doing wrong things. He gives us the Holy Spirit now. It is the first

* [1:7](#) [Colossians 1:14](#)

good thing that he gives us, and it shows us that he will give us other good things, for sure. So we really thank God, and we say that he is really great.

Jesus is the leader of the church

¹⁵ Some people told me about you, that you keep on trusting our leader Jesus, and they also told me that you love God's people. They told me those things,

¹⁶ so now I never stop thanking God for you, and I always remember to pray for you.

¹⁷ I pray to our very great father, the God of our leader Jesus Christ. I pray that his spirit will help you to think properly and show you more about God, so that you will know him better.

¹⁸ God promised very great things to his people, and now he has them ready for you. I pray that he will show them to you clearly, like he will switch on a light in your minds, so you can know and be sure about these good things.

¹⁹ I pray that you will know that God is stronger and more powerful than anyone, and that he will use his power to do good things for all of us that trust him.

God is very powerful.

²⁰ You see, people killed Jesus Christ, but God used his power to make him alive again, and to take him up into heaven. That shows that God is really powerful. Then God put Jesus in the most important place in heaven. He is sitting right next to God, on his right-hand side.*

* **1:20** Psalm 110:1

²¹ Jesus is now the biggest boss. He is bigger than all the other bosses everywhere, and he is bigger than all the spirits everywhere. He is the big boss over everyone in this world now, and he's the big boss over everyone in the world that will come later. Not one of them is stronger than Jesus. Only Jesus has God's power.

²² God made Jesus the boss over everyone. It's like everything is under Jesus's feet. And God made Jesus the leader of his people. Those people are his church.*

²³ Jesus lives in God's people, like we are his body, and Jesus is our head. He comes into his people and fills them up. He is the boss over everything, everywhere.*

2

God is really good to us

¹ You know, in the past you mob did lots of bad things. You couldn't be friends with God. It was like your spirits were dead.*

² You didn't do what God wants, but instead, you always did bad things, just like the other people in this world do. You used to do the things the devil wants. He is the boss over those strong bad spirits that are in the air. That devil is working now inside everyone that will not do what God wants.

³ And it wasn't only you mob that were bad. We were all bad. We were like those other people

* **1:22** Psalm 8:6

* **1:23** Colossians 1:18

* **2:1** Colossians

2:13-14

in this world. We did whatever we wanted to do. We did whatever made us feel good. We did whatever our own bodies and minds told us to do. And that made God angry with us, just like he is angry with everyone else.

⁴⁻⁵ But God didn't punish us. He felt very sorry for us. He loved us, even though we were doing bad things. It is like our spirits were dead. But he was very good to us, and he saved us. He loved us so much that he made our spirits alive, just like he made Jesus Christ alive.

⁶ And God joined us to Jesus, and God lifted us up to sit with Jesus Christ in heaven.

⁷ God did those things to show everyone that he is very good to us. He showed those things to people in the past, and he shows them to us now, and he will keep on showing them to everyone for ever. He is showing everyone that he is better than anyone else. He is really good to everyone that belongs to Jesus Christ.

⁸ God is really good to you. You believed in Jesus, and God saved you. You didn't do anything good, and you didn't pay God anything, but he saved you anyway.

⁹ You can't do things to save yourself. Even if you do a lot of good things, you can't save yourself. No way. It is God that saves you. Nobody can say, "I'm really good, that is the reason why God saved me." Nobody can talk like that. No way.

¹⁰ God is the one that made us what we are, and he wants us to do good things. He already has those good things ready for us to do. He

turned us into new people, and he joined us to Jesus Christ, so now we can do those good things.

Jesus Christ brings us all together, Jews and other people

¹¹⁻¹² Think about what you were at first. You were not Jews, so you didn't belong to the special mob called Israel. And at that time you were not friends with Jesus Christ. You didn't know that God promised to send him to save us. And before, when God promised to look after the Israel mob if they agreed to keep his law, he didn't promise that to you. You didn't know anything about those things. You were living without God, and there was nothing good for you in this world. You didn't know anything about the young man operation that God told the Jewish people to do on all their boys. That's the reason why the Jewish people rubbish you. But don't worry about that. They are only talking about the operation that people do to their bodies. They are not talking about the job that God does inside us.

¹³ But now it is different for you. At first you were far away from God, but then you believed in Jesus. You believed that he died, and that his blood came out for you. Then God joined you to Jesus Christ, and he brought you really close to himself.

¹⁴ You see, you mob that are not Jews, you were enemies with us Jewish mob at first. There was something that made us enemies with each other. It was like a wall standing between us.

But Jesus broke down that wall, and he brought us together, and he made us become one new group. He has made us friends with each other now.

¹⁵⁻¹⁶ You know, Jesus let people kill his body, and he died for all of us. When he did that, he made all those Jewish laws useless, along with all their rules. Jesus Christ died on the cross for everybody. He died for the Jewish people, and he died for the people that are not Jews. When he died, he stopped the Jews from being enemies with other people, and he brought both mobs to God, to be God's friends. He brought them together into one new group.*

¹⁷ Jesus came and told people God's message. He said that everyone can be friends with God, and they can be friends with each other. He said that you mob that are not Jews, can be friends with God. You mob were far away from God at that time. And he also said that us Jewish mob can be friends with God. We were more close to God at that time.*

¹⁸ So now the Holy Spirit helps us all to come close to God our father, because Jesus Christ died for all of us. It is the same Holy Spirit that helps us both. He helps Jews, and he helps people that are not Jews.

¹⁹ So now, you mob that are not Jews, you are not strangers any more. You don't belong to a different nation any more, but you belong to God's family, and you are in God's mob now.

* **2:15-16** Colossians 1:20 * **2:17** Isaiah 57:19

20-22 I will use a house as a picture story. It is like God used Jesus and all his people to build a special house for himself. He used Jesus Christ to start building that house. He is the most important one. Then God used Jesus's special workers, and the other people that told God's messages. They are like the cement slab that the house sits on. Now God is using you mob, with us Jewish mob, to make the rest of the house. It is like God's people are the bricks and the wood. You mob are not Jews, but you are still part of that house. God's spirit carefully joins us together, to make that house bigger all the time, and God lives in his special house. That picture of a house shows us that God is living in us all the time.

3

God picked Paul to help the people that are not Jews

¹ You mob know about me, Paul, that I am in jail now. You see, I told you mob the message about Jesus. But the bosses didn't like me talking about Jesus to people that are not Jews. So they put me in jail.

² And you know that God was very good to me, and he picked me to tell you his message.

³ You see, a long time ago, God planned to save people that are not Jews, as well as Jewish people. At that time he didn't tell everybody about it, but later he told it to me. Remember, I already wrote to you about this.

⁴ When you read those words, you will understand that I know what God planned about Christ.

⁵ God didn't tell that message to the people that lived before me. But now, God picked Jesus's special workers and other people that tell his messages, and God's spirit told them his plan.*

⁶ And this is what God planned. He will be good to everyone that believes the good news about Jesus. It doesn't matter if they are Jews, or not Jews. If they believe in Jesus, God will save them. Both will get what God promised. They both belong to the same mob now. They both belong to God, just like arms and legs belong to the same body.

⁷ God was really good to me. He used his power to help me to be strong. Then he gave me this special job. I have to tell people this good news about Jesus.

⁸ I'm not important. All of God's people are more important than me. But God was good to me, and he gave me this special job. He sent me to tell the people that are not Jews about the really great things that Jesus Christ can give them. These things are so great that nobody can understand them properly.

⁹ And God sent me to help everyone to understand the message about his plan. A long time ago, when God made everything, he didn't tell anyone that message. He kept it secret at that time.

* **3:5** Colossians 1:26-27

¹⁰ But now God wants everyone to hear that message. He wants to use his church people to show all the spirit bosses, everywhere, that God is really wise, and that he understands all about everything.

¹¹ God always planned to save people, and he sent our leader, Jesus Christ, to do it.

¹² We trust in Jesus, and we are joined to him, so we can come to God, and we can be sure that he will listen to us. We don't have to be frightened of him.

¹³ So when some people make trouble for me, don't let that worry you. I tell you God's word, and they don't like it, so they make trouble for me. But don't worry. I want you to be strong. You can always feel happy whenever they make trouble for me.

Paul asked God to help the Christians be strong

¹⁴ When I think about all these things that our father does, I get down on my knees and pray to him.

¹⁵ He made everything in the world, and everything in heaven, and he put every family here too.

¹⁶ He is very great, and he can work powerfully in you, so I pray that he will do that. I pray that his spirit will make your spirits strong, inside yourselves.

¹⁷ I pray that you will trust Jesus Christ properly, so that he will live inside you. I pray that you will always love God properly, and that you will always love other people too, so that you

will always keep standing strong for him, like the roots of a tree always keep it standing up strong.

¹⁸⁻¹⁹ I pray for you, and for all God's people. I pray that you will know, in a powerful way, that Jesus Christ loves us very much. He loves us so much that nobody can properly know all about it. But I want you to understand that he loves everybody very much, so that you will become like him in every way, and you will live the good way he wants you to live.

²⁰⁻²¹ We have to thank God now. His power works in us, and he does really great things. He can do a lot more than we can ask him for. He can even do more than we can think about. And we are God's people. We are his church. So we always have to praise God and show everyone that he is very great and good. We have to show them what Jesus Christ does, and that he is really great. And we have to keep on doing it for ever and ever. Yes, that's right.

4

God's people have to be friends with each other

¹ So now, even though I'm in jail because I follow Jesus, I'm asking you strongly to live the right way. You see, God picked you to be his own people, so you have to live his way.

² Don't think that you are more important than other people. You have to be good to other people, you have to listen to them and try to understand them. Don't get angry with each

other, but you have to love each other all the time.*

³ Try hard to let God's spirit keep you together as friends, without any trouble between you.

⁴ All of God's people are like parts of one body, with the one Holy Spirit living in all of us. God picked us to be his own people, so we are all sure of this one thing, that he will do everything that he promised to us.

⁵ We all have only one leader, Jesus. There is only one true message that we all believe, the good news about Jesus. We all went through that one ceremony called baptism, to show that we follow Jesus.

⁶ And there is only one God. He is the father of all of us. He is the biggest boss over everything, and he lives inside all of us to get all of us to do what he wants.

⁷ You see, Jesus Christ has been good to us. He has given each one of us the spiritual power to do something properly. They are spiritual gifts that he gives us, and he himself picks the person to get each gift.

⁸ A long time ago, God got one of his men to write this in his book,
"He went up to the highest place,
and he made lots of prisoners follow him.
And he gave gifts to people."*

⁹ That man wrote, "He went up." But think about it. He couldn't go up unless he first came down. You see, at first Jesus Christ came down to the

* **4:2** Colossians 3:12-13 * **4:8** Psalm 68:18

low parts of the earth, and after that he went back up.

¹⁰ It was the same man, Jesus, that came down here, and then went up high, right up above all the sky. So now he can be everywhere.

¹¹⁻¹² And Jesus Christ gives these special gifts to his people, so that they can help other people in the church. These gifts are the powers he gives to Christians. He gave some of his people the power to be his special workers, and he sent them out to other people to tell them his good news. And he gave other Christians the power to tell God's messages to people. And he gave some of them the power to help other people to believe in Jesus. And he gave some Christians the power to be pastors, to look after Christians and teach them God's way. God gave all these powers to his people to get them ready, so that they can work together for him. God works like that, so that his people get stronger, and so that more people join his family. We are like the body of Jesus Christ here on earth, and he wants that body to get bigger and stronger.

¹³ God will keep on using the people with this spiritual power until we all join in together, and we all work together properly. We all believe in God's son, so we all have to work together, and we all have to get to know Jesus better. Then we, God's people, will become like Jesus Christ himself. We will become what God wants us to be.

¹⁴ So then liars will not trick us, like they trick little kids. Lots of tricky people will try to teach

us new messages that sound good, but are wrong. But we will not be like little kids. We will not believe their lies. Instead, we will be strong, and we will not stop believing the true message.

¹⁵ We will love people, and at the same time we will tell them the true message. Then we will get stronger for Jesus Christ and become more like him. It's like we are his body, and he is the head.

¹⁶ He holds the whole body together. He's like the strings in a body that join every part together. Each of us is a different part of his body, and if every one of us does our job properly, and if we love each other, the whole body will grow, and it will get stronger.*

You have to turn around and live the right way

¹⁷ I'm telling you this message that our leader, Jesus, wants me to tell you, so you have to take notice of it. Don't live any more like the people that don't know God. They can't think straight.

¹⁸ They can't understand anything properly. It is like their minds are in darkness. They don't want to know God, and they are a long way away from him. He doesn't give them new life. They do bad things, but they never feel sorry about it.

¹⁹ They don't know what is right, or what is wrong, any more. They only want to do all sorts of bad things, and dirty things, and they really want to keep on doing those wrong things.

²⁰ But when you learned about Jesus Christ, you didn't learn to live in a bad way like that.

* **4:16** Colossians 2:19

²¹ I'm sure that you heard the good story about Jesus, and you learned the true things that Jesus taught to people.

²² You learned that we all have a bad part inside us that gets us to only think about what we want for ourselves, and it gets us to go wrong, and it gets us to do bad things. And you learned that now we have to turn around and stop doing those things. So don't take any notice of that old bad part inside you. Don't think about those bad things any more,*

²³ but let the Holy Spirit show you how to think in a new way.

²⁴ You have to live a new way now. You have to live for God. He makes you into a new person, to be like himself, so you have to properly do what is right, and do what is good, like he does.*

²⁵ You know, we all belong to Jesus, like each one of us is a part of his body. So don't lie to each other. Only say the things that are true.*

²⁶ And if you get angry, don't do anything wrong. Don't stay angry all day, but quickly stop being angry.*

²⁷ Don't make it easy for the devil, the boss over the bad spirits, to get you to go wrong.

²⁸ Anyone that steals things from other people has to stop doing that. Instead, they have to do honest work to get things for themselves, and they have to give things to other people that need them.

* **4:22** Colossians 3:9

* **4:24** Genesis 1:26; Colossians 3:10

* **4:25** Zechariah 8:16

* **4:26** Psalm 4:4

²⁹ And don't swear, or say any bad talk. Only say good things that will help people, and say things that they need to hear. When you do that, your words will be good for the people that hear you.

³⁰ Don't make the Holy Spirit sad. Remember, he is in you. God gave him to you so that you can be really sure that you belong to God, and that one day God will set you free from everything bad.

³¹ So don't get upset with people, and don't think about them in a bad way. Don't get angry with anyone. Don't argue or fight with people. Don't yell at anyone, or say bad things about them. Don't do anything bad to anyone.

³² Instead, be good to each other, and try to understand how other people feel. If somebody does wrong to you, don't do payback to them, but let it go. Be good to each other, just like God is good to you. He doesn't do payback to you. You belong to Jesus Christ now, so God doesn't punish you for those bad things you did.*

5

You are God's kids, so you have to live the right way

¹ You are God's kids, and he loves you, so try to be like God. He is good all the time.

² Always love other people, just like Jesus Christ loves us. He loved us so much that he took our payback, and he died instead of us. You know how people used to kill animals and burn

* **4:32** Colossians 3:13

them, to give them to God, for the good smell to make him happy.* Well, just like those animals, Jesus died. When Jesus died, he gave himself to God. Jesus did that because he loved you. So you have to love other people too.

³ So don't sleep with somebody that is not your own wife or husband, as if you are married to them. And don't be greedy, wanting lots of money and things. You are God's own people, so don't even think about doing bad things like that. That's not the way for God's people to live.

⁴ And don't talk in a dirty way or tell dirty jokes, and don't say stupid things. It's not right for God's people to talk like that. Instead, when you talk, you have to thank God a lot.

⁵ Listen, this is true. If you do those bad and dirty things, you will never get the good things that God gives to his people. It's like this, if you think in a dirty way, you can't be in God's family, you can't be with Jesus Christ. And if you sleep with somebody that is not your wife or husband, as if you are married to them, you can't be in God's family. And if you are greedy, wanting lots of money and things, you can't be in God's family. You see, greedy people really respect money and things more than they respect God.

⁶ Don't believe anyone that says you can do those bad things. Don't let them trick you. Don't believe their lies. God will get really angry with people that do those bad things, and he will

* 5:2 Exodus 29:18

punish those people that will not listen to him or do what he says.

⁷ So don't join in with people that tell you to do bad things. Don't do what those people do.

⁸ You see, you used to be like that before. You didn't know what was right, like you were living in the dark. But then you came to our leader, Jesus, and now you are in the light. So live like people that belong to the light.

⁹ You know, if people have God's light in them, they live in a way that is good, right, and true.

¹⁰ So find out what makes God happy, and do that.

¹¹ People that belong to the darkness do wrong things. Don't ever join in with them. Don't do those things that are wrong and useless, but instead, tell everybody that those things are wrong.

¹² Those people do bad things when nobody can see them. Those things are so bad that if we talk about them, we feel shame.

¹³ But whenever light shines on something, everyone can see it.

¹⁴ The light shows us what something really is. So some people say this,
"Stop doing bad things.

It's like you are asleep, so wake up now.

It's like you are dead, so come alive again now.

Then Jesus will show you the right way to live,
it's like he will shine light on you."

¹⁵ So you have to be very careful to live the right way. You have to understand what is right and good. Don't live like stupid people.

¹⁶ Do good things every time you can, because lots of people do lots of bad things these days.*

¹⁷ Don't be fools. But instead, understand what God wants.

¹⁸ Don't get drunk. If you drink too much grog, you will go wild, and you will do stupid things. Don't do that, but instead, keep on letting the Holy Spirit come into you and fill you up.

¹⁹ Use God's songs to talk to each other. You know, you can sing hymns and songs that the Holy Spirit gives you. Sing and make music to God from inside yourselves.*

²⁰ Remember our leader, Jesus Christ, and always thank God, our father, for everything.

Respect each other properly

²¹ Each of you has to think about what other Christians want, and agree with them, because you really respect Jesus Christ.

Wives

²² You women that are wives, you have to think about what your husbands want, and agree with them, just like God's people always have to agree with what our leader, Jesus, wants.*

²³ You see it is like this. Each body has a head that controls it. Well, we are God's people, his church, and we are like a body, and Jesus is like our head. He is the one that saved us. In the same way, husbands are like the head of their wives.

* **5:16** Colossians 4:5

* **5:19** Colossians 3:16-17

* **5:22**

Colossians 3:18; 1 Peter 3:1

²⁴ Yes, wives always have to think about what their husbands want and agree with them, just like God's people always have to agree with what Jesus Christ wants.

Husbands

²⁵ Yes, and you men that are husbands, you have to do your part too. You have to always love your wives properly, just like Jesus Christ loves the people in his church properly. Jesus let people kill him so that he could save us.*

²⁶ He washed us properly clean, not just with water in the baptism ceremony, but with his word too.

²⁷ So now we can be properly good, and he can bring us to himself, with nothing wrong with us at all.

²⁸ Well, husbands have to love their wives properly, just like Jesus loves us. You know that everyone loves his own body and looks after it properly. Well, in the same way, husbands have to love their wives and look after them, just as much as they love their own bodies. A man that loves his wife, loves himself.

²⁹ No man ever hates his own body. No, instead he gives it food and takes care of it. Jesus Christ does that too. He takes care of his people, the church.

³⁰ We all belong to Jesus, like we are parts of his own body.

³¹ God says this in his book,
"A man will leave his mother and father and marry a woman. The man and his wife

* 5:25 Colossians 3:19; 1 Peter 3:7

will join with each other, and their bodies will be like one body.”*

³² Those words tell us important things, and they are a picture of something else too. They show us how Jesus Christ and his church are joined together, like one.

³³ So I say this to you married people. Every one of you husbands has to love your own wife as much as you love yourself. And every wife has to respect her husband.

6

Kids

¹ Now I’m talking to you kids. You belong to our leader, Jesus, so you have to do what your father and mother tell you to do. That is the right way to live.

²⁻³ You see, God made this law, “Always respect your father and your mother. If you do that, you will be happy, and you will live for a long time on the earth.” That was the first time God made a law and promised something with it.*

Fathers

⁴ Now I’m talking to you fathers. Don’t make your kids angry. But instead, as they are growing up, you have to teach them the way God wants them to live, and show them how to live the right way.

Workers

* **5:31** Genesis 2:24 * **6:2-3** Exodus 20:12; Deuteronomy 5:16

⁵ Now I'm talking to you workers, you people that have to work for other people all the time. Your bosses are only people, but that doesn't matter, you have to respect them properly, and do whatever they tell you. Work hard for them, like you are working for Jesus Christ.

⁶ Do what they say, and try to make them happy. Don't only do it when they can see you, but also when they can't see you. Work happily in your job, like you are working for Jesus Christ, and then you will be doing what God wants.

⁷ Your bosses are only people, but try to work properly for them, like you are working for Jesus, not working for people.

⁸ Remember this, if you do good things, Jesus, our leader, will pay you with something good later. He will do that, no matter if you work for nothing, like a prisoner, or if you are free.

Bosses

⁹ Now I'm talking to bosses. You have to do the same, you have to be good to your workers. Don't say anything to frighten them, like saying you are going to punish them. Remember that God in heaven is your boss, and he is the boss over your workers too. And he treats everyone the same, no matter if you are a boss or a worker.*

Be like strong soldiers for God

¹⁰ The last thing that I want to say to you is this. You are joined to our leader, Jesus, and he is very strong, so you have to use his strong power

* **6:9** Deuteronomy 10:17

to fight against the devil, the boss over the bad spirits.

¹¹ You know that a soldier puts on special gear to stop the enemy from hurting him. Well, you have to do that with the special gear that God gives us. Then you will keep strong against the devil, and you will not let him trick you. He tries all sorts of clever ways to fight against us.

¹² You see, we are not fighting against people, but we are fighting against a big mob of bad spirits. We are fighting against the bad spirit bosses that we can't see in this bad world. And we are fighting against the powerful bad spirits that live above the earth too.

¹³ So you have to use all the special gear that God gives you, so that you can stand up to those bad spirits whenever they come at you, and they will not win. And at the end of the fight, you will still be standing strong.

¹⁴ So put on that special gear from God, so you can stand up against the devil. This is what that gear is.

- You know that a soldier wears a belt, to hold his clothes on tight, so he can move quickly in a fight. Well, just like that, you take notice of what is true, so you can fight better against the devil.
- And a soldier wears an iron plate, to stop the enemy from hitting his chest. Well, you have to always do what is right, and that will be like an iron plate for you, to stop the devil from hitting you.*

* **6:14** Isaiah 11:5; 59:17

¹⁵ And a soldier wears special shoes, so that he can always be ready to fight. Well, you have to remember the good news about Jesus, that he makes us God's friends. Then you will be ready to fight the devil.*

¹⁶ You know that a soldier always has a shield, to stop the spears that the enemy throws at him. In the same way, you have to always trust God. Whenever you do that, it is like you are holding up a shield that stops the things that the devil throws at you. They are like burning spears, but if you trust God, he will stop them and put them out.

¹⁷ And a soldier wears an iron hat, that stops the enemy from hurting his head. Well, you remember that God has saved you. That will be like an iron hat for you, to keep you safe.

- And you know the long knife a soldier has, called a sword? He uses it to fight back against his enemy. Well, in the same way, you can use God's word to fight back against the devil, and the Holy Spirit will help you.*

¹⁸ And always pray in the way that God's spirit leads you. Pray about every problem, and pray in all sorts of ways, and ask God for whatever you need. So always keep on praying for all God's people.

¹⁹ And pray for me too. Ask God to give me the right words to say every time I start to tell people

* **6:15** Isaiah 52:7 * **6:17** Isaiah 59:17

the good news about Jesus. Pray that I will not be too frightened to tell them that message properly. God kept it secret for a long time,

²⁰ but now he has sent me to tell this good story to everybody. The bosses here didn't like me telling that story, so they put me in jail. I want you to ask God to make me brave, so that I keep on telling his good story.

The end of Paul's letter

²¹⁻²² Now I'm sending Tikicus to you to tell you about me and about what I'm doing these days. He is my Christian friend that I love, and he is a good worker for God. He will tell you all the news about me, and the news about the other people that are here with me. And I also want him to help you feel strong and brave.*

²³ You mob are my Christian friends. You believe in God, our father, and you believe in our leader Jesus Christ. So I'm asking them to be really good to you, and to help you to be happy and quiet inside yourselves. And I'm asking God to help you to love him, and to love other people, and to help you to keep on trusting Jesus.

²⁴ I want God to be very good to everyone that never stops loving our leader, Jesus Christ.

From Paul

* **6:21-22** Acts 20:4; 2 Timothy 4:12; Colossians 4:7-8

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