Ephesians

1 Paul, an apostle of Christ Jesus by the will of
God, to the saints who are in Ephesus and
faithful in Christ Jesus:
2 Grace to you and peace from God our Father
and the Lord Jesus Christ.
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 to be holy and
blameless before him. In love,
5 he predestined us for adoption as sons to
himself through Jesus Christ, according to the
good pleasure 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 trespasses, according to
the riches of his grace,
8 which he lavished on us with all wisdom and
understanding,
9 making known to us the mystery of his will,
according to his good pleasure, which he
purposed in him,
10 to carry out his plan when the times reach
their fullness: to bring all things together in
Christ, things in the heavens and things on
earth. In him

11 we were also given an inheritance, having
been predestined according to the purpose of
the one who works all things according to the
counsel of his will,
12 so that we who first hoped in Christ might
be to the praise of his glory.
13 In him you too, when you heard the word of
truth, the gospel of your salvation, and believed
in him, were sealed with the promised Holy
Spirit,
14 who is the guarantee of our inheritance
until the redemption of his possession, to the
praise of his glory.
15 For this reason I too, having heard of your
faith in the Lord Jesus and your love for all the
saints,
16 do not cease giving thanks for you,
remembering you in my prayers,
17 that the God of our Lord Jesus Christ, the
Father of glory, may give you a spirit of wisdom
and revelation in the knowledge of him,
18 with the eyes of your heart enlightened, so
that you may know what is the hope of his
calling, what are the riches of the glory of his
inheritance among the saints,
19 and what is the surpassing greatness of his
power toward us who believe, according to the
working of his mighty strength,
20 which he exercised in Christ when he raised
him from the dead and seated him at his right
hand in the heavenly places,
21 far above every rule, authority, power, and
dominion, and every name that is named, not

only in this age but also in the one to come.
22 He subjected all things under his feet and
gave him as head over all things to the church,
23 which is his body, the fullness of the one
who fills all in all.

2

1 And you were dead in your trespasses and
sins,
2 in which you once walked, following the
course of this world, following the ruler of the
power of the air, the spirit now at work in the
sons of disobedience.
3 Among them we all once lived in the desires
of our flesh, doing what the flesh and our
thoughts desired, and we were by nature
children of wrath, like the rest.
4 But God, being rich in mercy, because of the
great love with which he loved us,
5 even when we were dead in trespasses,
made us alive together with Christ—by grace
you have been saved—
6 and raised us up together and seated us
together in the heavenly places in Christ Jesus,
7 so that in the coming ages he might display
the surpassing riches of his grace in kindness
toward us in Christ Jesus.
8 For by grace you have been saved through
faith, and this is not from yourselves; it is the
gift of God,
9 not from 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.
11 Therefore remember that formerly you,
Gentiles in the flesh, were called
“uncircumcision” by the so-called “circumcision,”
made in the flesh by human hands.
12 At that time you were apart from Christ,
excluded from the citizenship of Israel and
strangers to the covenants of promise, having no
hope and without God in the world.
13 But now in Christ Jesus you who once were
far away have been brought near by the blood
of Christ.
14 For he himself is our peace. He made both
one and broke down the dividing wall of
separation—the hostility—in his flesh,
15 by abolishing the law of commandments
expressed in ordinances, so that he might create
in himself one new man out of the two, making
peace,
16 and reconcile both to God in one body
through the cross, putting the hostility to death
by it.
17 He came and proclaimed peace to you who
were far away and peace to those who were
near,
18 because through him we both have access
in one Spirit to the Father.
19 So then you are no longer strangers and
foreign residents, but fellow citizens with the
saints and members of God's household,
20 built on the foundation of the apostles and

prophets, Christ Jesus himself being the cornerstone.
21 In him the whole building, joined together,
grows into a holy temple in the Lord.
22 In him you too are being built together into
a dwelling place of God in the Spirit.

3

1 For this reason I, Paul, the prisoner of Christ
Jesus for you Gentiles—
2 if indeed you have heard of the stewardship
of God's grace given to me for you:
3 the mystery was made known to me by
revelation, as I wrote briefly before.
4 By reading this, you can understand my
insight into the mystery of Christ,
5 which was not made known to the sons of
men in other generations as it has now been
revealed to his holy apostles and prophets in the
Spirit:
6 that the Gentiles are fellow heirs, members
of the same body, and fellow participants in the
promise in Christ Jesus through the gospel.
7 I became a minister of this gospel according
to the gift of God's grace given to me by the
working of his power.
8 To me, less than the least of all the saints, this
grace was given: to proclaim to the Gentiles the
unsearchable riches of Christ
9 and to bring to light for everyone the
administration of the mystery hidden for ages in
God, who created all things,

10 so that now, through the church, the
many-sided wisdom of God might be made
known to the rulers and authorities in the
heavenly places,
11 according to the eternal purpose he
accomplished in Christ Jesus our Lord.
12 In him we have boldness and access with
confidence through faith in him.
13 Therefore I ask you not to lose heart over
my afflictions for you, which are your glory.
14 For this reason I bow my knees before the
Father,
15 from whom every family in the heavens
and on earth takes its name,
16 that according to the riches of his glory he
may grant you to be strengthened with power
through his Spirit in your inner self,
17 that Christ may dwell in your hearts through
faith, and that, rooted and grounded in love,
18 you may have strength to grasp with all the
saints what is the breadth and length and height
and depth,
19 and to know the love of Christ that
surpasses knowledge, so that you may be filled
to all the fullness of God.
20 Now to the one who is able to do far more
abundantly than all we ask or think, according
to the power at work in us,
21 to him be glory in the church and in Christ
Jesus throughout all generations, forever and
ever. Amen.

4

1 Therefore I, the prisoner in the Lord, urge

you to walk in a manner worthy of the calling
with which you were called,
2 with all humility and gentleness, with
patience, bearing with one another in love,
3 making every effort to keep the unity of the
Spirit in the bond of peace.
4 There is one body and one Spirit, just as you
were also called 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 grace was given to each one of us
according to the measure of Christ's gift.
8 Therefore it says, “When he ascended on
high, he led a host of captives and gave gifts to
people.”
9 Now what does “he ascended” mean except
that he also descended to the lower regions of
the earth?
10 The one who descended is also the one who
ascended far above all the heavens, so that he
might fill all things.
11 He himself gave some as apostles, some as
prophets, some as evangelists, and some as
pastors and teachers,
12 to equip the saints for the work of ministry,
for building up 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
mature manhood, to the measure of the stature
of the fullness of Christ,
14 so that we may no longer be children, tossed
by the waves and carried about by every wind

of teaching, by human trickery and cunning in deceitful schemes.
15 Instead, speaking the truth in love, let us grow in every way into him who is the head, Christ,
16 from whom the whole body, fitted and joined together through every supporting joint, according to the working of each part in its measure, brings about the body's growth to build itself up in love.

17 So I say this and testify in the Lord: you must no longer walk as the Gentiles walk, in the futility of their mind.
18 They are darkened in understanding, alienated from the life of God because of the ignorance in them, because of the hardness of their heart.
19 Having lost all sensitivity, they have given themselves over to sensual excess, to practice every kind of impurity with greed.
20 But that is not how you learned Christ,
21 if indeed you heard him and were taught in him, as truth is in Jesus:
22 to put off, with regard to your former way of life, the old self, which is being corrupted by deceitful desires,
23 to be renewed in the spirit of your mind,
24 and to put on the new self, created according to God in the righteousness and holiness of the truth.
25 Therefore, putting away falsehood, let each speak the truth with his neighbor, because we are members of one another.

26 “Be angry, and do not sin.” Do not let the sun
go down on your anger,
27 and do not give the devil room.
28 Let the one who steals steal no longer.
Instead, let him labor, doing good work with his
own hands, so that he may have something to
share with the one in need.
29 Let no rotten speech come out of your
mouth, but only what is good for building up as
needed, so that it may give grace to those who
hear.
30 And do not grieve the Holy Spirit of God, in
whom you were sealed for the day of
redemption.
31 Let all bitterness, rage, anger, shouting, and
slander be removed from you, along with all
malice.
32 Be kind to one another, tenderhearted,
forgiving one another, just as God in Christ
forgave you.

5

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

3 But sexual immorality and every kind of
impurity or greed must not even be named
among you, as is fitting for saints,
4 nor obscenity, foolish talk, or crude joking,
which are out of place, but rather thanksgiving.

5 For you know this for certain: no sexually
immoral or impure person, or greedy person,
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 become fellow participants
with them.
8 For you were once darkness, but now you
are light in the Lord. Walk as children of light
9 —for the fruit of the light is in all goodness
and righteousness and truth—
10 discerning what is pleasing to the Lord.
11 Do not share in the unfruitful works of
darkness, but instead expose them,
12 for it is shameful even to speak of the things
they do in secret.
13 But all things exposed by the light become
visible,
14 for everything that becomes visible is light.
Therefore it says,
“Awake, sleeper, and rise from the dead, and
Christ will shine on you.”
15 So pay careful attention to how you walk,
not as unwise but as wise,
16 making the most of the time, because the
days are evil.
17 Therefore do not be foolish, but understand
what the Lord's will is.
18 And do not get drunk with wine, in which
there is reckless excess, but be filled with the
Spirit,

19 speaking to one another in psalms and
hymns and spiritual songs, singing and making
music in your heart to the Lord,
20 always giving thanks for everything to God
the Father in the name of our Lord Jesus Christ,
21 submitting to one another in the fear of
Christ.
22 Wives, submit to your own husbands as to
the Lord,
23 because the husband is the head of the wife,
as Christ also is the head of the church, himself
the Savior of the body.
24 But as the church submits to Christ, so also
wives should submit to their husbands in
everything.
25 Husbands, love your wives, just as Christ
also loved the church and gave himself for her,
26 so that he might sanctify her, having
cleansed her by the washing of water with the
word,
27 so that he himself might present the church
to himself in glory, without spot or wrinkle or
anything of the kind, but holy and blameless.
28 In this way husbands also ought to love
their own wives as their own bodies. The one
who loves his own wife loves himself,
29 for no one ever hated his own flesh, but
nourishes and cherishes it, just as Christ does
the church,
30 because we are members of his body.
31 “For this reason a man will leave his father
and mother and be joined to his wife, and the
two will become one flesh.”

32 This mystery is great, but I am speaking
with reference to Christ and the church.
33 Nevertheless, each one of you should love
his own wife as himself, and the wife should
respect 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 go well with you and you may
live long on the earth.”
4 And fathers, do not provoke your children to
anger, but bring them up in the discipline and
instruction of the Lord.
5 Slaves, obey your earthly masters with fear
and trembling, in sincerity of heart, as you
would Christ,
6 not serving only when watched, as people
pleasers, but as slaves of Christ, doing the will of
God wholeheartedly,
7 serving with goodwill, as to the Lord and not
to people,
8 knowing that whatever good each one does,
he will receive it back from the Lord, whether
slave or free.
9 And masters, do the same for them, giving up
threats, knowing that both their Master and
yours is in the heavens, and there is no
partiality with him.
10 Finally, be strengthened in the Lord and in
the might of his strength.

11 Put on the whole armor of God, so that you
may be able to stand against the devil's schemes.
12 For our struggle is not against flesh and
blood, but against the rulers, against the
authorities, against the world rulers of this
darkness, against the spiritual forces of evil in
the heavenly places.
13 Therefore take up the whole armor of God,
so that you may be able to withstand in the evil
day, and having done everything, to stand.
14 Stand, then, with your waist belted with
truth and having put on the breastplate of
righteousness,
15 and with your feet fitted with the readiness
of the gospel of peace.
16 In every circumstance take up the shield of
faith, with which you will be able to extinguish
all the flaming arrows of the evil one.
17 And receive the helmet of salvation and the
sword of the Spirit, which is the word of God,
18 praying at all times in the Spirit with every
prayer and petition. To this end, stay alert with
all perseverance and petition for all the saints,
19 and for me, so that words may be given to
me when I open my mouth, to make known with
boldness the mystery of the gospel,
20 for which I am an ambassador in chains, so
that I may speak boldly about it, as I ought to
speak.
21 So that you too may know my situation and
what I am doing, Tychicus, the beloved brother
and faithful minister in the Lord, will make
everything known to you.

22 I sent him to you for this very purpose, so
that you may know about us and he may
encourage your hearts.
23 Peace to the brothers and sisters, and love
with faith from God the Father and the Lord
Jesus Christ.
24 Grace be with all who love our Lord Jesus
Christ with imperishable love.

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