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(Peter Lok) 駱沅祺,
lokpeter@outlook.com

Ephesians

The book of Ephesians is a letter written by the Apostle Paul to the church in Ephesus. It is considered one of the books of the New Testament in the Christian Bible.

The letter begins with a greeting and a prayer for the Ephesian believers. Paul then goes on to explain the spiritual blessings that believers have received in Christ, including adoption as children of God, redemption, forgiveness of sins, and the sealing of the Holy Spirit.

Paul emphasizes the unity of all believers in Christ, both Jew and Gentile, and the importance of using spiritual gifts to build up the body of Christ. He also addresses practical issues such as the importance of living a holy life and submitting to one another in love.

Throughout the letter, Paul emphasizes the importance of faith in Christ and the grace of God, which he describes as being the basis for salvation and the power to live a transformed life.

The book of Ephesians ends with a call to spiritual warfare, reminding believers that their struggle is not against flesh and blood, but against spiritual forces of evil. Paul encourages them to put on the armor of God and to pray for each other.

Overall, the book of Ephesians is a powerful message of unity, grace, and spiritual transformation, emphasizing the importance of faith in Christ and the power of the Holy Spirit in the life of the believer.

Here's a brief summary of each chapter in the book of Ephesians:

Chapter 1: The chapter starts with a greeting and prayer, followed by a description of the spiritual blessings that believers have received in Christ. Paul emphasizes the role of Christ as the head of the church and the importance of faith in Him.

Chapter 2: Paul emphasizes the power of grace in salvation, describing how believers were once dead in sin but have been made alive in Christ. He also emphasizes the unity of believers, both Jew and Gentile, in Christ.

Chapter 3: Paul explains his role as a minister of the gospel and emphasizes the mystery of God's plan for salvation, which includes the inclusion of Gentiles in the body of Christ. He also prays for the believers to be strengthened by the Holy Spirit.

Chapter 4: Paul emphasizes the importance of unity and maturity in the body of Christ, encouraging believers to use their spiritual gifts to build up the church. He also emphasizes the need for holy living and avoiding sinful behavior.

Chapter 5: Paul emphasizes the importance of living in love and submitting to one another in Christ, using the relationship between husbands and wives as an example. He also emphasizes the importance of avoiding sexual immorality and living in the light.

Chapter 6: Paul exhorts believers to put on the armor of God and engage in spiritual warfare against the forces of evil. He encourages them to pray for one another and for him as he continues to proclaim the gospel.

Overall, the book of Ephesians emphasizes the unity of believers in Christ, the power of grace in salvation, and the importance of using spiritual gifts to build up the church. It also emphasizes the need for holy living and engaging in spiritual warfare.

The Book of Ephesians in the New Testament of the Bible is known for its rich theological content and has had a significant influence on Christian theology and thought. Here are some key theological thoughts and influences from Ephesians chapter 1:

1. **Predestination and Election:** Ephesians 1:4-5 discusses God's predestination and election of believers before the foundation of the world. This concept has been central to discussions about God's sovereignty and the role of human free will in Christian theology. It has influenced various theological traditions, including Reformed theology, in their understanding of salvation.
2. **Redemption through Christ:** The chapter emphasizes the concept of redemption through the blood of Jesus Christ (Ephesians 1:7). This theme underscores the core Christian belief in the atoning work of Christ on the cross for the forgiveness of sins, a central doctrine in Christian theology.
3. **Adoption as Sons:** Ephesians 1:5 speaks of believers being predestined for adoption as sons through Jesus Christ. This theological idea highlights the believer's status as children of God and has influenced discussions about the believer's identity and relationship with God.
4. **Unity of the Church:** Ephesians 1:22-23 refers to Christ as the head of the church, emphasizing the unity of believers in Christ. This theme has had a significant influence on ecclesiology (theology of the church) and discussions about the nature of the Church as the body of Christ.

5. Sealing with the Holy Spirit: Ephesians 1:13-14 speaks of believers being sealed with the Holy Spirit as a guarantee of their inheritance. This concept has contributed to discussions about the role and work of the Holy Spirit in the life of the believer.

6. Cosmic Redemption: Ephesians 1:10 mentions God's plan to unite all things in Christ, both in heaven and on earth. This cosmic perspective on redemption has influenced discussions about the ultimate purpose and scope of God's redemptive plan.

Ephesians 1 is just one part of this letter, and the entire book contains more theological insights and teachings. The theological themes found in Ephesians have had a profound impact on Christian theology throughout history, contributing to discussions on topics like salvation, the nature of the Church, the role of the Holy Spirit, and God's sovereignty. Different theological traditions may interpret and emphasize these themes differently, but Ephesians remains a foundational text in Christian theology.

Ephesians 1

New International Version

1 Paul, an apostle of Christ Jesus by the will of God,

To God's holy people in Ephesus,[a] the faithful in Christ Jesus:

2 Grace and peace to you from God our Father and the Lord Jesus Christ.

Praise for Spiritual Blessings in Christ

3 Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. 4 For he chose us in him before the creation of the world to be holy and blameless in his sight. In love 5 he[b] predestined us for adoption to sonship[c] through Jesus Christ, in accordance with his pleasure and will— 6 to the praise of his glorious grace, which he has freely given us in the One he loves. 7 In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace 8 that he lavished on us. With all wisdom and understanding, 9 he[d] made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, 10 to be put into effect when the times reach their fulfillment—to bring unity to all things in heaven and on earth under Christ.

11 In him we were also chosen,[e] having been predestined according to the plan of him who works out everything in conformity with the purpose of his will, 12 in order that we, who were the first to put our hope in Christ, might be for the praise of his glory. 13 And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, 14 who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession—to the praise of his glory.

Thanksgiving and Prayer

15 For this reason, ever since I heard about your faith in the Lord Jesus and your love for all God's people, 16 I have not stopped giving thanks for you, remembering you in my

prayers. 17 I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit[f] of wisdom and revelation, so that you may know him better. 18 I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, 19 and his incomparably great power for us who believe. That power is the same as the mighty strength 20 he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, 21 far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. 22 And God placed all things under his feet and appointed him to be head over everything for the church, 23 which is his body, the fullness of him who fills everything in every way.

Footnotes

Ephesians 1:1 Some early manuscripts do not have in Ephesus.

Ephesians 1:5 Or sight in love. 5 He

Ephesians 1:5 The Greek word for adoption to sonship is a legal term referring to the full legal standing of an adopted male heir in Roman culture.

Ephesians 1:9 Or us with all wisdom and understanding. 9 And he

Ephesians 1:11 Or were made heirs

Ephesians 1:17 Or a spirit

Ephesians chapter 1 in the Christian Bible:

The chapter begins with an introduction from Paul, who is writing to the Ephesian church. He identifies himself as an apostle of Jesus Christ and sends greetings and blessings to the church.

In verses 3-14, Paul gives a lengthy doxology in which he praises God for the spiritual blessings that believers have received through Christ. These include being chosen by God, being redeemed through Christ's blood, receiving forgiveness of sins, and being sealed with the Holy Spirit.

In verses 15-23, Paul expresses his thankfulness for the Ephesian church and prays that they may have wisdom and revelation in the knowledge of God, and that their eyes may be opened to understand the hope to which they have been called. He also prays that they may know the immeasurable greatness of God's power, which was demonstrated when he raised Christ from the dead and seated him at his right hand in the heavenly places.

Overall, this chapter emphasizes the spiritual blessings that believers have received through Christ and the importance of having a deep understanding and appreciation of God's power and grace.

Some important verses from the book of Ephesians chapter 1, along with brief explanations and their locations:

1. "Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places" (Ephesians 1:3).

This verse expresses praise and gratitude to God for His blessings. It also affirms that all spiritual blessings are found in Christ.

2. "In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace" (Ephesians 1:7).

This verse highlights the central Christian belief in redemption through the sacrifice of Jesus on the cross. It also emphasizes that forgiveness of sins comes through God's grace rather than human effort.

3. "For he chose us in him before the creation of the world to be holy and blameless in his sight" (Ephesians 1:4).

This verse speaks to the idea of predestination, the belief that God has chosen certain individuals to be saved before they were even born. It also emphasizes the importance of leading a holy life.

4. "And he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ" (Ephesians 1:9).

This verse highlights the idea that God's plan for humanity was revealed through Christ. It suggests that there is a divine purpose behind everything that happens in the world. These verses can be found in the first chapter of Ephesians, which is in the New Testament of the Christian Bible.

The Book of Ephesians in the New Testament of the Bible is known for its rich theological content and has had a significant influence on Christian theology and thought. Here are some key theological thoughts and influences from Ephesians chapter 1:

1. Predestination and Election: Ephesians 1:4-5 discusses God's predestination and election of believers before the foundation of the world. This concept has been central to discussions about God's sovereignty and the role of human free will in Christian theology. It has influenced various theological traditions, including Reformed theology, in their understanding of salvation.

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Ephesians 2

New International Version

Made Alive in Christ

2 As for you, you were dead in your transgressions and sins, 2 in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. 3 All of us also lived among them at one time, gratifying the cravings of our flesh[a] and following its desires and thoughts. Like the rest, we were by nature deserving of wrath. 4 But because of his great love for us, God, who is rich in mercy, 5 made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. 6 And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, 7 in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. 8 For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— 9 not by works, so that no one can boast. 10 For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Jew and Gentile Reconciled Through Christ

11 Therefore, remember that formerly you who are Gentiles by birth and called “uncircumcised” by those who call themselves “the circumcision” (which is done in the body by human hands)— 12 remember that at that time you were separate from Christ, excluded from citizenship in Israel and foreigners to the covenants of the promise, without 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, who has made the two groups one and has destroyed the barrier, the dividing wall of hostility, 15 by setting aside in his flesh the law with its commands and regulations. His purpose was to create in himself one new humanity out of the two, thus making peace, 16 and in one body to reconcile both of them to God through the cross, by which he put to death their hostility. 17 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 access to the Father by one Spirit.

19 Consequently, you are no longer foreigners and strangers, but fellow citizens with God's people and also members of his household, 20 built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. 21 In him the whole building is joined together and rises to become a holy temple in the Lord. 22 And in him you too are being built together to become a dwelling in which God lives by his Spirit.

Footnotes

Ephesians 2:3 In contexts like this, the Greek word for flesh (*sarx*) refers to the sinful state of human beings, often presented as a power in opposition to the Spirit.

Ephesians chapter 2 in the Christian Bible:

The chapter begins with a description of the spiritual state of the Ephesian believers before they came to faith in Christ. They were dead in their trespasses and sins, living according to the ways of the world and the prince of the power of the air (i.e. Satan). Verses 4-10 describe the amazing grace of God that has saved believers from this state of spiritual death. Paul emphasizes that it is by grace alone, through faith, that we are saved and not by our own works. He also emphasizes that believers are God's workmanship, created in Christ Jesus for good works, which God has prepared beforehand for us to do. In verses 11-22, Paul addresses the Gentile believers specifically, reminding them that they were once separated from Christ, excluded from the commonwealth of Israel, and without hope in the world. However, through Christ's death and resurrection, they have been brought near to God and made part of the household of God, along with Jewish believers.

Overall, this chapter emphasizes the amazing grace of God in saving believers from their state of spiritual death, the importance of faith in Christ for salvation, and the unity of Jewish and Gentile believers in the household of God.

Here are some important verses from the book of Ephesians chapter 2, along with brief explanations and their locations:

1. "For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God" (Ephesians 2:8).

This verse emphasizes the importance of faith and grace in salvation. It highlights the idea that salvation is not earned by human effort, but is a gift from God.

2. "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do" (Ephesians 2:10).

This verse speaks to the idea that Christians are created for a specific purpose. It suggests that God has prepared good works for believers to do, and that it is their responsibility to fulfill that purpose.

3. "Therefore, remember that formerly you who are Gentiles by birth and called 'uncircumcised' by those who call themselves 'the circumcision' (which is done in the body by human hands)— remember that at that time you were separate from Christ, excluded from citizenship in Israel and foreigners to the covenants of the promise, without hope and without God in the world" (Ephesians 2:11-12).

This passage highlights the idea that prior to their conversion to Christianity, Gentiles were excluded from the covenant relationship with God that the Jews enjoyed. It

emphasizes the importance of Christ as the means by which all people, regardless of their background, can be reconciled to God.

4. "For he himself is our peace, who has made the two groups one and has destroyed the barrier, the dividing wall of hostility" (Ephesians 2:14).

This verse speaks to the idea that Christ is the means by which people from different backgrounds can be reconciled to each other as well as to God. It suggests that the divisions between people, whether based on ethnicity or other factors, can be overcome through faith in Christ.

Ephesians chapter 2 is another important section of the New Testament that contains significant theological thoughts and influences. Here are some key theological thoughts and influences from Ephesians chapter 2:

1. **Salvation by Grace through Faith:** Ephesians 2:8-9 is perhaps one of the most well-known passages in the chapter and in the entire Bible. It emphasizes salvation by grace through faith, highlighting that it is not by works that anyone can boast. This theological thought underscores the core Christian doctrine of salvation being a gift from God, not something that can be earned, and has had a profound influence on soteriology (theology of salvation) in Christianity.
2. **Reconciliation:** Ephesians 2:14-16 speaks of Christ reconciling Jews and Gentiles, breaking down the dividing wall of hostility between them. This theological concept of reconciliation has influenced discussions on the unity of believers in Christ and the removal of barriers based on ethnicity or social status.
3. **Citizenship in the Kingdom of God:** Ephesians 2:19 mentions that believers are fellow citizens with the saints and members of the household of God. This thought has influenced discussions about the nature of the Christian's identity and citizenship in the Kingdom of God.
4. **The Church as the Temple:** Ephesians 2:21-22 describes believers as being built together into a dwelling place for God in the Spirit. This imagery of the Church as God's temple has influenced ecclesiology and discussions about the role and significance of the Church in God's plan.
5. **Transformation:** While not explicitly stated in this chapter, the theme of transformation is implicit in the idea of being made alive in Christ (Ephesians 2:5). This concept has influenced Christian discussions on sanctification and the process of becoming more Christlike.

Ephesians chapter 2 focuses on the central themes of grace, faith, unity in Christ, and the nature of the Church. These theological thoughts have had a profound and lasting influence on Christian theology, shaping discussions on salvation, reconciliation, the Church, and the believer's identity and relationship with God. The theological concepts found in Ephesians 2 continue to be foundational in Christian thought and practice.

Ephesians 3

New International Version

God's Marvelous Plan for the Gentiles

3 For this reason I, Paul, the prisoner of Christ Jesus for the sake of you Gentiles—

2 Surely you have heard about the administration of God's grace that was given to me for you, 3 that is, the mystery made known to me by revelation, as I have already written briefly. 4 In reading this, then, you will be able to understand my insight into the mystery of Christ, 5 which was not made known to people in other generations as it has now been revealed by the Spirit to God's holy apostles and prophets. 6 This mystery is that through the gospel the Gentiles are heirs together with Israel, members together of one body, and sharers together in the promise in Christ Jesus.

7 I became a servant of this gospel by the gift of God's grace given me through the working of his power. 8 Although I am less than the least of all the Lord's people, this grace was given me: to preach to the Gentiles the boundless riches of Christ, 9 and to make plain to everyone the administration of this mystery, which for ages past was kept hidden in God, who created all things. 10 His intent was that now, through the church, the manifold wisdom of God should be made known to the rulers and authorities in the heavenly realms, 11 according to his eternal purpose that he accomplished in Christ Jesus our Lord. 12 In him and through faith in him we may approach God with freedom and confidence. 13 I ask you, therefore, not to be discouraged because of my sufferings for you, which are your glory.

A Prayer for the Ephesians

14 For this reason I kneel before the Father, 15 from whom every family[a] in heaven and on earth derives its name. 16 I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, 17 so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, 18 may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, 19 and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

20 Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, 21 to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Footnotes

Ephesians 3:15 The Greek for family (patria) is derived from the Greek for father (pater).

Ephesians chapter 3 in the Christian Bible:

The chapter begins with Paul describing his role as a minister of the gospel and the mystery of Christ that has been revealed to him. This mystery is that Gentiles are now fellow heirs with Jews, members of the same body, and partakers of the promise in Christ Jesus through the gospel.

In verses 2-13, Paul describes how this mystery was made known to him by revelation from God, and emphasizes that it was not known to previous generations in the same way. He also emphasizes that he has been given the privilege of preaching this gospel to the Gentiles.

In verses 14-21, Paul offers a prayer for the Ephesian believers, asking that they may be strengthened by the power of the Holy Spirit and that Christ may dwell in their hearts through faith. He also prays that they may comprehend the breadth, length, height, and depth of the love of Christ, which surpasses knowledge, and that they may be filled with all the fullness of God.

Overall, this chapter emphasizes the revelation of the mystery of Christ to Paul and the importance of Gentile believers in the body of Christ. It also emphasizes the power of the Holy Spirit in strengthening believers and the depth of the love of Christ that surpasses human understanding.

Here are some important verses from the book of Ephesians chapter 3, along with brief explanations and their locations:

1. "For this reason I, Paul, the prisoner of Christ Jesus for the sake of you Gentiles—surely you have heard about the administration of God's grace that was given to me for you" (Ephesians 3:1-2).

In these verses, Paul speaks to the fact that he has been called by God to minister to the Gentiles. He emphasizes the importance of his mission and the fact that his work is not his own, but rather a gift from God.

2. "Although I am less than the least of all the Lord's people, this grace was given me: to preach to the Gentiles the boundless riches of Christ" (Ephesians 3:8).

This verse speaks to the idea that even though Paul considers himself unworthy of the task, he has been given the grace to preach to the Gentiles about the richness of Christ. It emphasizes the importance of humility and the fact that God can use anyone, regardless of their perceived worthiness.

3. "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith" (Ephesians 3:16-17a).

This verse emphasizes the importance of the Holy Spirit in strengthening believers. It also highlights the fact that Christ dwells in the hearts of believers through faith, suggesting the intimate relationship between believers and God.

4. "And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ" (Ephesians 3:17b-18).

This verse speaks to the importance of love in the Christian faith. It suggests that believers who are rooted and established in love will be better equipped to understand the depth of Christ's love.

Ephesians chapter 3 continues to contain important theological thoughts and influences in the New Testament. Here are some key theological thoughts and influences from Ephesians chapter 3:

1. The Mystery of Christ: Ephesians 3:3-6 discusses the "mystery of Christ," which refers to the inclusion of Gentiles in God's plan of salvation. This theological thought emphasizes the idea that in Christ, there is no distinction between Jew and Gentile. This concept has had a significant influence on discussions about the universality of the Gospel message and the inclusion of all believers, regardless of their ethnic or cultural background.

2. God's Wisdom and the Church: Ephesians 3:10 speaks of God's wisdom being made known to the rulers and authorities in the heavenly places through the Church. This thought highlights the Church's role in revealing God's wisdom and has influenced discussions about the purpose and significance of the Church in God's cosmic plan.

3. Prayer and Spiritual Strength: Ephesians 3:14-19 contains a prayer by the Apostle Paul for the Ephesian believers. This prayer emphasizes spiritual strength, rooted in love and the indwelling of Christ through faith. The concept of spiritual strength and the importance of prayer have had an ongoing influence on Christian spirituality and the practice of intercessory prayer.

4. God's Power at Work: Ephesians 3:20-21 speaks of God's power at work within believers, able to do far more abundantly than all we ask or think. This theological thought has influenced discussions about the power of God in the lives of believers and the limitless possibilities of God's grace.

Ephesians chapter 3 continues to develop themes from earlier chapters, including unity in the Church, the inclusion of Gentiles in God's plan, and the importance of prayer and spiritual strength. The theological concepts found in this chapter have had a lasting influence on Christian theology, particularly in areas related to the Church's mission, the universality of the Gospel, and the power of God at work in the lives of believers.

Ephesians 4

New International Version

Unity and Maturity in the Body of Christ

4 As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. 2 Be completely humble and gentle; be patient, bearing with one another in love. 3 Make every effort to keep the unity of the Spirit through the bond of peace. 4 There is one body and one Spirit, just as you were called to one hope when you were called; 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 has been given as Christ apportioned it. 8 This is why it[a] says:

“When he ascended on high,
he took many captives
and gave gifts to his people.”[b]

9 (What does “he ascended” mean except that he also descended to the lower, earthly regions[c]? 10 He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.) 11 So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, 12 to equip his people for works of service, so that the body of Christ may be built up 13 until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

14 Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. 15 Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. 16 From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

Instructions for Christian Living

17 So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. 18 They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. 19 Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed.

20 That, however, is not the way of life you learned 21 when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. 22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 23 to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness.

25 Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. 26 “In your anger do not sin”[d]: Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold. 28 Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. 30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Footnotes

Ephesians 4:8 Or God

Ephesians 4:8 Psalm 68:18

Ephesians 4:9 Or the depths of the earth

Ephesians 4:26 Psalm 4:4 (see Septuagint)

Ephesians chapter 4 in the Christian Bible:

The chapter begins with Paul exhorting the Ephesian believers to walk in a manner worthy of their calling. He emphasizes the importance of unity in the body of Christ, and that each member of the body has been given gifts for the building up of the body.

In verses 4-16, Paul describes how the body of Christ is unified through the work of the Holy Spirit, who gives various gifts to each member of the body. He emphasizes that these gifts are given to build up the body and bring it to maturity, and that each member should use their gift for the common good.

In verses 17-32, Paul describes how believers should put off their old selves and put on the new self, created in the likeness of God. He emphasizes the importance of putting away falsehood, speaking the truth, and avoiding anger, stealing, and unwholesome talk. Instead, he exhorts believers to be kind, tenderhearted, forgiving, and imitators of God. Overall, this chapter emphasizes the importance of unity in the body of Christ and the use of spiritual gifts for the building up of the body. It also emphasizes the need for believers to put off their old selves and put on the new self, living in righteousness and holiness.

Here are some important verses from the book of Ephesians chapter 4, along with brief explanations and their locations:

1. "As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received" (Ephesians 4:1).

This verse highlights the importance of living a life that reflects the calling believers have received from God. It emphasizes the fact that being a Christian is not just a matter of belief, but also of action and behavior.

2. "Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ" (Ephesians 4:15).

This verse speaks to the importance of both truth and love in the Christian faith. It suggests that speaking the truth in a loving way is key to becoming a mature body of believers who reflect Christ.

3. "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen" (Ephesians 4:29).

This verse emphasizes the importance of using language that is helpful and uplifting to others. It suggests that Christians should be mindful of the impact their words have on others and use language that builds people up rather than tearing them down.

4. "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you" (Ephesians 4:32).

This verse highlights the importance of kindness, compassion, and forgiveness in the Christian faith. It suggests that believers should model Christ's forgiveness in their own relationships with others.

Ephesians chapter 4 presents several important theological thoughts and influences:

1. Unity in the Body of Christ: Ephesians 4:1-6 emphasizes the call for believers to maintain the unity of the Spirit in the bond of peace. It underscores the theological

concept of the Church as the body of Christ and the importance of maintaining unity within the Christian community. This thought has greatly influenced Christian ecclesiology and discussions on the unity and diversity of the Church.

2. Spiritual Gifts and Ministry: Ephesians 4:7-16 discusses how Christ has given spiritual gifts to equip believers for works of service and to build up the body of Christ. This passage has had a significant influence on discussions about the diversity of spiritual gifts within the Church and the role of ministry and leadership in equipping the saints for service.

3. Growth and Maturity in Christ: Ephesians 4:13-16 speaks of the goal of believers reaching maturity in Christ, being no longer children but growing into the fullness of Christ. This theological thought has influenced discussions on spiritual growth, discipleship, and the ongoing process of sanctification in the Christian life.

4. Putting Off the Old Self and Putting On the New Self: Ephesians 4:22-24 discusses the transformation of believers, putting off the old self characterized by sin and putting on the new self created in the likeness of God. This concept has influenced discussions on sanctification, holiness, and the Christian's ethical and moral transformation.

5. Speaking the Truth in Love: Ephesians 4:15 encourages believers to speak the truth in love. This theological thought has influenced discussions on Christian ethics, communication, and the importance of love and truth in relationships within the Church.

Ephesians 4 is a pivotal chapter in the book, and it addresses the practical outworking of the theological concepts introduced earlier in the letter. The theological thoughts presented in this chapter have had a lasting influence on Christian theology and practice, particularly in areas related to unity within the Church, spiritual gifts, discipleship, and ethical conduct.

Ephesians 5

New International Version

5 1 Follow God's example, therefore, as dearly loved children 2 and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

3 But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. 4 Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. 5 For of this you can be sure: No immoral, impure or greedy person—such a person is an idolater—has any inheritance in the kingdom of Christ and of God.[a] 6 Let no one deceive you with empty words, for because of such things God's wrath comes on those who are disobedient. 7 Therefore do not be partners with them.

8 For you were once darkness, but now you are light in the Lord. Live as children of light 9 (for the fruit of the light consists in all goodness, righteousness and truth) 10 and find

out what pleases the Lord. 11 Have nothing to do with the fruitless deeds of darkness, but rather expose them. 12 It is shameful even to mention what the disobedient do in secret. 13 But everything exposed by the light becomes visible—and everything that is illuminated becomes a light. 14 This is why it is said:

“Wake up, sleeper,
rise from the dead,
and Christ will shine on you.”

15 Be very careful, then, how you live—not as unwise but as wise, 16 making the most of every opportunity, because the days are evil. 17 Therefore do not be foolish, but understand what the Lord’s will is. 18 Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, 19 speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, 20 always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

Instructions for Christian Households

21 Submit to one another out of reverence for Christ.

22 Wives, submit yourselves to your own husbands as you do to the Lord. 23 For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. 24 Now as the church submits to Christ, so also wives should submit to their husbands in everything.

25 Husbands, love your wives, just as Christ loved the church and gave himself up for her 26 to make her holy, cleansing^[b] her by the washing with water through the word, 27 and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. 28 In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. 29 After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church— 30 for we are members of his body. 31 “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.”^[c] 32 This is a profound mystery—but I am talking about Christ and the church. 33 However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

Footnotes

Ephesians 5:5 Or kingdom of the Messiah and God

Ephesians 5:26 Or having cleansed

Ephesians 5:31 Gen. 2:24

Ephesians chapter 5 in the Christian Bible:

The chapter begins with Paul exhorting the Ephesian believers to imitate God and walk in love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

In verses 3-14, Paul warns against sexual immorality, impurity, and covetousness, and encourages believers to expose the deeds of darkness. He emphasizes the need to live as children of light, finding out what pleases the Lord and taking no part in the unfruitful works of darkness.

In verses 15-21, Paul encourages believers to be wise and make the most of every opportunity, living not as unwise but as wise, and being filled with the Spirit. He exhorts them to address one another in psalms, hymns, and spiritual songs, giving thanks always and submitting to one another out of reverence for Christ.

In verses 22-33, Paul describes the relationship between husbands and wives, emphasizing that wives should submit to their husbands as to the Lord, and that husbands should love their wives as Christ loved the church and gave himself up for her.

Overall, this chapter emphasizes the importance of walking in love and righteousness, avoiding the deeds of darkness and being filled with the Spirit. It also emphasizes the importance of mutual submission and love in the relationship between husbands and wives.

Here are some important verses from the book of Ephesians chapter 5, along with brief explanations and their locations:

1. "Follow God's example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God" (Ephesians 5:1-2).

This verse emphasizes the importance of love and self-sacrifice in the Christian faith. It suggests that believers should follow God's example by loving others in the same way that Christ loved us and gave himself up for us.

2. "But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people" (Ephesians 5:3).

This verse speaks to the importance of living a pure and holy life as a Christian. It suggests that believers should avoid any behavior that is sexually immoral, impure, or greedy, as these are not fitting for God's holy people.

3. "Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil" (Ephesians 5:15-16).

This verse highlights the importance of being wise and careful in how we live our lives as Christians. It suggests that we should be mindful of the time we have and make the most of every opportunity to do good, because we live in an evil world.

4. "Submit to one another out of reverence for Christ" (Ephesians 5:21).

This verse speaks to the importance of mutual submission and respect in the Christian faith. It suggests that believers should submit to one another out of reverence for Christ, rather than seeking to dominate or control one another.

Ephesians chapter 5 contains theological thoughts and influences related to Christian living and ethics, particularly in the context of marriage and relationships. Here are some key theological thoughts and influences from Ephesians chapter 5:

1. Imitating God: Ephesians 5:1-2 encourages believers to imitate God and walk in love, just as Christ loved us. This theological thought emphasizes the importance of living a life characterized by love, mirroring God's love for us. It has influenced Christian ethics and discussions on the moral conduct of believers.

2. The Sanctity of Marriage: Ephesians 5:22-33 discusses the relationship between husbands and wives, emphasizing the submission of wives to their husbands and the sacrificial love of husbands for their wives, comparing it to the relationship between Christ and the Church. This passage has had a significant influence on Christian discussions about marriage and the roles of husbands and wives within the marital relationship.

3. Light and Darkness: Ephesians 5:8-14 contrasts living in the light with living in darkness, emphasizing the need for believers to live as children of light, avoiding the deeds of darkness. This theological thought has influenced discussions on Christian holiness and the separation of believers from sinful behaviors.

4. Filled with the Spirit: Ephesians 5:18 instructs believers not to be drunk with wine but to be filled with the Spirit. This concept highlights the importance of the Holy Spirit's role in the Christian life and has influenced discussions on the believer's dependence on the Spirit for empowerment and guidance.

5. Mutual Submission and Love: While Ephesians 5 does emphasize the submission of wives to husbands, it also calls husbands to love their wives sacrificially, as Christ loved the Church. This theological thought has influenced discussions on the mutual submission and love that should characterize Christian marriages, promoting mutual respect and partnership.

Ephesians 5 addresses practical aspects of Christian living, particularly in the context of relationships and ethics. The theological thoughts presented in this chapter have had a lasting influence on Christian theology and practice, especially in areas related to marriage, Christian ethics, the role of the Holy Spirit, and the imitation of God's love in the lives of believers.

Ephesians 6

New International Version

6 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 that you may enjoy long life on the earth.”[a]

4 Fathers,[b] do not exasperate your children; instead, bring them up in the training and instruction of the Lord.

5 Slaves, obey your earthly masters with respect and fear, and with sincerity of heart, just as you would obey Christ. 6 Obey them not only to win their favor when their eye is on you, but as slaves of Christ, doing the will of God from your heart. 7 Serve

wholeheartedly, as if you were serving the Lord, not people, 8 because you know that the Lord will reward each one for whatever good they do, whether they are slave or free.

9 And masters, treat your slaves in the same way. Do not threaten them, since you know that he who is both their Master and yours is in heaven, and there is no favoritism with him.

The Armor of God

10 Finally, be strong in the Lord and in his mighty power. 11 Put on the full armor of God, so that you can take your 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 powers of this dark world and against the spiritual forces of evil in the heavenly realms. 13 Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. 14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, 15 and with your feet fitted with the readiness that comes from the gospel of peace. 16 In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. 17 Take the helmet of salvation and the sword of the Spirit, which is the word of God.

18 And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. 19 Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel, 20 for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

Final Greetings

21 Tychicus, the dear brother and faithful servant in the Lord, will tell you everything, so that you also may know how I am and what I am doing. 22 I am sending him to you for this very purpose, that you may know how we are, and that he may encourage you.

23 Peace to the brothers and sisters,^[c] and love with faith from God the Father and the Lord Jesus Christ. 24 Grace to all who love our Lord Jesus Christ with an undying love.^[d]

Footnotes

Ephesians 6:3 Deut. 5:16

Ephesians 6:4 Or Parents

Ephesians 6:23 The Greek word for brothers and sisters (adelphoi) refers here to believers, both men and women, as part of God's family.

Ephesians 6:24 Or Grace and immortality to all who love our Lord Jesus Christ.

Ephesians chapter 6 in the Christian Bible:

The chapter begins with Paul exhorting children to obey their parents in the Lord, and parents to not provoke their children to anger but to bring them up in the discipline and instruction of the Lord.

In verses 5-9, Paul addresses slaves and masters, emphasizing that slaves should obey their earthly masters with fear and trembling, and that masters should treat their slaves justly and fairly, knowing that they also have a Master in heaven.

In verses 10-20, Paul exhorts believers to put on the whole armor of God, so that they may be able to stand against the schemes of the devil. He describes the various pieces of armor, such as the belt of truth, the breastplate of righteousness, the shoes of the gospel of peace, the shield of faith, the helmet of salvation, and the sword of the Spirit. He emphasizes the need to pray at all times in the Spirit, being alert and persistent.

In verses 21-24, Paul describes Tychicus, who will provide information about his circumstances, and sends him to encourage the Ephesians.

Overall, this chapter emphasizes the importance of obedience and respect in various relationships, such as children and parents, and slaves and masters. It also emphasizes the need to put on the whole armor of God, to stand firm against the schemes of the devil, and to pray at all times in the Spirit.

Here are some important verses from the book of Ephesians chapter 6, along with brief explanations and their locations:

1. "Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes" (Ephesians 6:10-11).

This verse speaks to the importance of spiritual strength and preparedness in the Christian faith. It suggests that believers should put on the full armor of God in order to be able to resist the devil's schemes.

2. "For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms" (Ephesians 6:12).

This verse highlights the spiritual nature of the Christian struggle, emphasizing that it is not against physical enemies but against the spiritual forces of evil in the world.

3. "Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand" (Ephesians 6:13).

This verse continues the theme of spiritual preparedness and emphasizes the importance of standing firm in the face of adversity, even when it seems like all hope is lost.

4. "Pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people" (Ephesians 6:18).

This verse highlights the importance of prayer in the Christian faith, suggesting that believers should pray at all times and for all people. It emphasizes the importance of staying alert and committed to prayer, even in difficult times.

Ephesians chapter 6 addresses the theme of spiritual warfare and the armor of God, providing important theological thoughts and influences related to the Christian's spiritual life and battle against evil forces. Here are some key theological thoughts and influences from Ephesians chapter 6:

1. **Spiritual Warfare:** Ephesians 6:10-12 introduces the idea of spiritual warfare, emphasizing that believers wrestle not against flesh and blood but against spiritual powers and forces of evil. This theological thought has had a significant influence on discussions about the reality of spiritual warfare in the Christian life.
2. **The Armor of God:** Ephesians 6:13-17 describes the armor of God, including the belt of truth, the breastplate of righteousness, the shoes of the gospel of peace, the shield of faith, the helmet of salvation, and the sword of the Spirit, which is the Word of God. This imagery has influenced Christian teaching and preaching about the importance of spiritual preparedness and reliance on God's truth, righteousness, and Word in the face of spiritual battles.
3. **Prayer and Supplication:** Ephesians 6:18-20 emphasizes the role of prayer and supplication in spiritual warfare, urging believers to pray at all times in the Spirit. This thought has influenced discussions on the importance of prayer in seeking God's guidance and protection in the midst of spiritual challenges.
4. **The Power of God:** Throughout Ephesians 6, there is a recurring emphasis on the power of God. Believers are encouraged to be strong in the Lord and in the strength of His might (Ephesians 6:10). This highlights the theological concept of relying on God's power and has influenced discussions on the believer's dependence on God in spiritual battles.
5. **Standing Firm:** Ephesians 6:13 instructs believers to stand firm in the evil day and having done all, to stand. This thought emphasizes perseverance and resilience in the face of spiritual opposition, contributing to discussions on the endurance of faith.

Ephesians 6 provides valuable insights into the spiritual dimension of the Christian life and the need for spiritual preparedness and reliance on God's strength and protection. The theological thoughts presented in this chapter have had a lasting influence on Christian theology and practice, particularly in areas related to spiritual warfare, prayer, and the believer's dependence on God's power and spiritual armor.

Notes:

There are different interpretations and perspectives on the Christian Bible, and what may be considered a difficult question with no answer can vary depending on one's beliefs and understanding. However, here are a few examples of challenging questions that some readers and scholars may find difficult to answer based on their interpretation of the book of Ephesians:

1. What did Paul mean by "predestination" in Ephesians 1:5-6?
In these verses, Paul writes that God "predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will" and that we have been "granted ... freely by the One he loves." The concept of predestination is a challenging and controversial topic within Christian theology, and there are different interpretations of

what Paul meant by it. Some argue that predestination means that God has predetermined who will be saved and who will not, while others interpret it to mean that God knew in advance who would choose to follow Him and predestined them accordingly.

2. What is the nature of the spiritual warfare mentioned in Ephesians 6:12?

In Ephesians 6:12, Paul writes that "our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms." While some readers may interpret this verse as referring to a literal spiritual warfare between good and evil, others may see it as a metaphorical description of the challenges Christians face in their daily lives.

3. What is the "mystery" that Paul mentions in Ephesians 3:3-6?

In these verses, Paul writes that the "mystery" of Christ has been revealed to him, and that Gentiles are now "heirs together with Israel, members together of one body, and sharers together in the promise in Christ Jesus." While some may interpret this "mystery" as referring to the inclusion of Gentiles in the salvation plan, others may see it as a more complex and mysterious concept that defies easy explanation.

Overall, the Christian Bible, including the book of Ephesians, contains many challenging and complex concepts that may be difficult to fully understand or answer definitively.

However, these questions and debates can also inspire deeper exploration and reflection on one's faith and beliefs.