

Ephesians

BEREAN STANDARD BIBLE

Chapter 1

PAUL'S GREETING TO THE EPHESIANS

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

SPIRITUAL BLESSINGS

³Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly realms. ⁴For He chose us in Him before the foundation of the world to be holy and blameless in His presence. In love ⁵He predestined us for adoption as His sons through Jesus Christ, according to the good pleasure of His will, ⁶to the praise of His glorious grace, which He has freely given us in the Beloved One. ⁷In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace ⁸that He lavished on us with all wisdom and understanding. ⁹And He has made known to us the mystery of His will according to His good pleasure, which He purposed in Christ ¹⁰as a plan for the fullness of time, to bring all things in heaven and on earth together in Christ. ¹¹In Him we were also chosen as God's own, having been predestined according to the plan of Him who works out everything by the counsel of His will, ¹²in order that we, who were the first to hope in Christ, would be for the praise of His glory. ¹³And in Him, having heard and believed the word of truth—the gospel of your salvation—you were sealed with the promised Holy Spirit, ¹⁴who is the pledge of our inheritance until the redemption of those who are God's possession, to the praise of His glory.

SPIRITUAL WISDOM

¹⁵For this reason, ever since I heard about your faith in the Lord Jesus and your love for all the saints, ¹⁶I have not stopped giving thanks for you, remembering you in my prayers, ¹⁷that the God of our Lord Jesus Christ, the glorious Father, may give you a spirit of wisdom and revelation in your knowledge of Him. ¹⁸I ask that the eyes of your heart may be enlightened, so that you may know the hope of His calling, the riches of His glorious inheritance in the saints, ¹⁹and the surpassing greatness of His power to us who believe. These are in accordance with the working of

His mighty strength, ²⁰which He exerted in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly realms, ²¹far above all rule and authority, power and dominion, and every name that is named, not only in the present age but also in the one to come. ²²And God put everything under His feet and made Him head over everything for the church, ²³which is His body, the fullness of Him who fills all in all.

Chapter 2

ALIVE WITH CHRIST

¹And you were dead in your trespasses and sins, ²in which you used to walk when you conformed to the ways of this world and of the ruler of the power of the air, the spirit who is now at work in the sons of disobedience. ³All of us also lived among them at one time, fulfilling the cravings of our flesh and indulging its desires and thoughts. Like the rest, we were by nature children of wrath. ⁴But because of His great love for us, God, who is rich in mercy, ⁵made us alive with Christ even when we were dead in our trespasses. It is by grace you have been saved! ⁶And God raised us up with Christ and seated us with Him in the heavenly realms in Christ Jesus, ⁷in order that in the coming ages He might display the surpassing riches of His grace, demonstrated by His kindness to us in Christ Jesus. ⁸For it is by grace you have been saved through faith, and this not from yourselves; it is the gift of God, ⁹not by works, so that no one can boast. ¹⁰For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance as our way of life.

ONE IN CHRIST

¹¹Therefore remember that formerly you who are Gentiles in the flesh and called uncircumcised by the so-called circumcision (that done in the body by human hands)— ¹²remember that at that time you were separate from Christ, alienated from the commonwealth of Israel, and strangers to the covenants of the promise, without hope and without God in the world. ¹³But now in Christ Jesus you who once were far away have been brought near through the blood of Christ. ¹⁴For He Himself is our peace, who has made the two one and has torn down the dividing wall of hostility ¹⁵by abolishing in His flesh the law of commandments and

decrees. He did this to create in Himself one new man out of the two, thus making peace ¹⁶and reconciling both of them to God in one body through the cross, by which He put to death their hostility. ¹⁷He came and preached peace to you who were far away and peace to those who were near. ¹⁸For through Him we both have access to the Father by one Spirit.

CHRIST OUR CORNERSTONE

¹⁹Therefore you are no longer strangers and foreigners, but fellow citizens with the saints and members of God's household, ²⁰built on the foundation of the apostles and prophets, with Christ Jesus Himself as the cornerstone. ²¹In Him the whole building is fitted together and grows into a holy temple in the Lord. ²²And in Him you too are being built together into a dwelling place for God in His Spirit.

Chapter 3

THE MYSTERY OF THE GOSPEL

¹For this reason I, Paul, the prisoner of Christ Jesus for the sake of you Gentiles... ²Surely you have heard about the stewardship of God's grace that was given to me for you, ³that is, the mystery made known to me by revelation, as I have already written briefly. ⁴In reading this, then, you will be able to understand my insight into the mystery of Christ, ⁵which was not made known to men in other generations as it has now been revealed by the Spirit to God's holy apostles and prophets. ⁶This mystery is that through the gospel the Gentiles are fellow heirs, fellow members of the body, and fellow partakers of the promise in Christ Jesus. ⁷I became a servant of this gospel by the gift of God's grace, given me through the working of His power. ⁸Though I am less than the least of all the saints, this grace was given me: to preach to the Gentiles the unsearchable riches of Christ, ⁹and to illuminate for everyone the stewardship of this mystery, which for ages past was kept hidden in God, who created all things. ¹⁰His purpose was that now, through the church, the manifold wisdom of God should be made known to the rulers and authorities in the heavenly realms, ¹¹according to the eternal purpose that He accomplished in Christ Jesus our Lord. ¹²In Him and through faith in Him we may enter God's presence with boldness and confidence. ¹³So I ask you not to be discouraged because of my sufferings for you, which are your glory.

PAUL'S PRAYER FOR THE EPHESIANS

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

its name. ¹⁶I ask that out of the riches of His glory He may strengthen you with power through His Spirit in your inner being, ¹⁷so that Christ may dwell in your hearts through faith. Then you, being rooted and grounded in love, ¹⁸will have power, together with all the saints, to comprehend the length and width and height and depth ¹⁹of the love of Christ, and to know this love that surpasses knowledge, that you may be filled with all the fullness of God. ²⁰Now 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, ²¹to Him be the glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

Chapter 4

UNITY IN THE BODY

¹As a prisoner in the Lord, then, I urge you to walk in a manner worthy of the calling you have received: ²with all humility and gentleness, with patience, bearing with one another in love, ³and with diligence to preserve the unity of the Spirit through the bond of peace. ⁴There is one body and one Spirit, just as you were called to one hope when you were called; ⁵one Lord, one faith, one baptism; ⁶one God and Father of all, who is over all and through all and in all. ⁷Now to each one of us grace has been given according to the measure of the gift of Christ. ⁸This is why it says: "When He ascended on high, He led captives away, and gave gifts to men." ⁹What does "He ascended" mean, except that He also descended to the lower parts of the earth? ¹⁰He who descended is the very One who ascended above all the heavens, in order to fill all things. ¹¹And it was He who gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers, ¹²to equip the saints for works of ministry and to build up the body of Christ, ¹³until we all reach unity in the faith and in the knowledge of the Son of God, as we mature to the full measure of the stature of Christ. ¹⁴Then we will no longer be infants, tossed about by the waves and carried around by every wind of teaching and by the clever cunning of men in their deceitful scheming. ¹⁵Instead, speaking the truth in love, we will in all things grow up into Christ Himself, who is the head. ¹⁶From Him the whole body, fitted and held together by every supporting ligament, grows and builds itself up in love through the work of each individual part.

NEW LIFE IN CHRIST

¹⁷So I tell you this, and insist on it in the Lord, that you must no longer walk as the Gentiles do, in the futility of their thinking. ¹⁸They are darkened in their understanding and alienated from the life of God because of the ignorance

that is in them due to the hardness of their hearts. ¹⁹Having lost all sense of shame, they have given themselves over to sensuality for the practice of every kind of impurity, with a craving for more. ²⁰But this is not the way you came to know Christ. ²¹Surely you heard of Him and were taught in Him—in keeping with the truth that is in Jesus— ²²to put off your former way of life, your old self, which is being corrupted by its deceitful desires; ²³to be renewed in the spirit of your minds; ²⁴and to put on the new self, created to be like God in true righteousness and holiness. ²⁵Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one another. ²⁶“Be angry, yet do not sin.” Do not let the sun set upon your anger, ²⁷and do not give the devil a foothold. ²⁸He who has been stealing must steal no longer, but must work, doing good with his own hands, that he may have something to share with the one in need. ²⁹Let no unwholesome talk come out of your mouths, but only what is helpful for building up the one in need and bringing grace to those who listen. ³⁰And do not grieve the Holy Spirit of God, in whom you were sealed for the day of redemption. ³¹Get rid of all bitterness, rage and anger, outcry and slander, along with every form of malice. ³²Be kind and tenderhearted to one another, forgiving each other just as in Christ God forgave you.

Chapter 5

IMITATORS OF GOD

¹Be imitators of God, therefore, as beloved children, ²and walk in love, just as Christ loved us and gave Himself up for us as a fragrant sacrificial offering to God. ³But among you, as is proper among the saints, there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed. ⁴Nor should there be obscenity, foolish talk, or crude joking, which are out of character, but rather thanksgiving. ⁵For of this you can be sure: No immoral, impure, or greedy person (that is, an idolater) has any inheritance in the kingdom of Christ and of God. ⁶Let no one deceive you with empty words, for because of such things the wrath of God is coming on the sons of disobedience. ⁷Therefore do not be partakers with them.

CHILDREN OF LIGHT

⁸For you were once darkness, but now you are light in the Lord. Walk as children of light, ⁹for the fruit of the light consists in all goodness, righteousness, and truth. ¹⁰Test and prove what pleases the Lord. ¹¹Have no fellowship with the fruitless deeds of darkness, but rather expose them. ¹²For it is shameful even to mention what the disobedient

do in secret. ¹³But everything exposed by the light becomes visible, for everything that is illuminated becomes a light itself. ¹⁴So it is said: “Wake up, O sleeper, rise up from the dead, and Christ will shine on you.” ¹⁵Pay careful attention, then, to how you walk, not as unwise but as wise, ¹⁶redeeming the time, because the days are evil. ¹⁷Therefore do not be foolish, but understand what the Lord’s will is. ¹⁸Do not get drunk on wine, which leads to reckless indiscretion. Instead, be filled with the Spirit. ¹⁹Speak to one another with psalms, hymns, and spiritual songs. Sing and make music in your hearts to the Lord, ²⁰always giving thanks to God the Father for everything in the name of our Lord Jesus Christ.

WIVES AND HUSBANDS

²¹Submit to one another out of reverence for Christ. ²²Wives, submit to your husbands as to the Lord. ²³For the husband is the head of the wife as Christ is the head of the church, His body, of which He is the Savior. ²⁴Now as the church submits to Christ, so also wives should submit to their husbands in everything. ²⁵Husbands, love your wives, just as Christ loved the church and gave Himself up for her ²⁶to sanctify her, cleansing her by the washing with water through the word, ²⁷and to present her to Himself as a glorious church, without stain or wrinkle or any such blemish, but holy and blameless. ²⁸In the same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. ²⁹Indeed, no one ever hated his own body, but he nourishes and cherishes it, just as Christ does the church. ³⁰For 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.” ³²This mystery is profound, but I am speaking about Christ and the church. ³³Nevertheless, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

Chapter 6

CHILDREN AND PARENTS

¹Children, 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“that it may go well with you and that you may have a long life on the earth.” ⁴Fathers, do not provoke your children to wrath; instead, bring them up in the discipline and instruction of the Lord.

SERVING WITH HONOR

⁵Slaves, obey your earthly masters with respect and fear and sincerity of heart, just as you would obey Christ. ⁶And do this not only to please them while they are watching,

but as servants of Christ, doing the will of God from your heart. ⁷Serve with good will, as to the Lord and not to men, ⁸because you know that the Lord will reward each one for whatever good he does, whether he is slave or free. ⁹And masters, do the same for your slaves. Give up your use of threats, because you know that He who is both their Master and yours is in heaven, and there is no favoritism with Him.

THE FULL ARMOR OF GOD

¹⁰Finally, be strong in the Lord and in His mighty power. ¹¹Put on the full armor of God, so that you can make your stand against the devil's schemes. ¹²For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this world's darkness, and against the spiritual forces of evil in the heavenly realms. ¹³Therefore take up the full armor of God, so that when the day of evil comes, you will be able to stand your ground, and having done everything, to stand. ¹⁴Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness arrayed, ¹⁵and with your

feet fitted with the readiness of the gospel of peace. ¹⁶In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷And take the helmet of salvation and the sword of the Spirit, which is the word of God. ¹⁸Pray in the Spirit at all times, with every kind of prayer and petition. To this end, stay alert with all perseverance in your prayers for all the saints. ¹⁹Pray also for me, that whenever I open my mouth, words may be given me so that I will boldly make known the mystery of the gospel, ²⁰for which I am an ambassador in chains. Pray that I may proclaim it fearlessly, as I should.

FINAL GREETINGS

²¹Tychicus, the beloved brother and faithful servant in the Lord, will tell you everything, so that you also may know about me and what I am doing. ²²I have sent him to you for this very purpose, that you may know about us, and that he may encourage your hearts. ²³Peace to the brothers and love with faith from God the Father and the Lord Jesus Christ. ²⁴Grace to all who love our Lord Jesus Christ with an undying love.