

## EPHESIANS

### Conversational Version

#### Salutation

**1:**<sup>1</sup>Paul, apostle of Christ<sup>Messiah</sup> Jesus by God's will, to the saints [in Ephesus]<sup>ms</sup> and faithful in Christ Jesus. <sup>2</sup>Grace and peace from God our Father and the Lord Jesus Christ. **Eph 1:1-2**

#### The Blessings of Redemption

<sup>3</sup>Blessed *be* the God and Father of our Lord Jesus Christ. He's blessed us in Christ with every spiritual blessing in high places. <sup>4</sup>Before he founded the world, he chose us in Christ to be holy and blameless in his presence in love. <sup>5</sup>It pleased him to destine us ahead of time to be his children through Jesus Christ. <sup>6</sup>So we praise the glorious grace he freely extended to us in the Beloved. <sup>7</sup>He redeemed us by his blood, and that forgiveness demonstrates the rich grace <sup>8</sup>he lavished on us by providing us wisdom and insight. <sup>9</sup>He let us know his previously unrevealed will that, in his good pleasure, he intended for Christ <sup>10</sup>to oversee when the time came. He chose to sum up everything in Christ in heaven and on earth. <sup>11</sup>In him we've become an inheritance for the One who accomplishes everything according to his own counsel and purpose. <sup>12</sup>As a result of what he's done, we praise his glory—we who have already placed our hope in Christ. <sup>13</sup>You've heard the truth as well—the good news about salvation—and put your trust in him; and he has sealed you with the Holy Spirit he promised. <sup>14</sup>*The Spirit is God's pledge to give us our full inheritance when he redeems his people—to the praise of his glory.* **Eph 1:3-14**

#### Prayer for the Ephesians

<sup>15</sup>I've heard about your faith in the Lord Jesus and your love for the saints. <sup>16</sup>So I keep including you in my prayers and being grateful for you. <sup>17</sup>*I pray* that the God of our glorious Lord Jesus Christ will give you wisdom and revelation by knowing him. <sup>18</sup>That means enlightening you to recognize what the hope of his calling is, *to realize* how rich his inheritance among the saints is, <sup>19</sup>and *to understand* what the unlimited greatness of his power is toward us who believe. <sup>20</sup>God brought about that *hope, inheritance, and power* by raising Christ from the dead and seating him on his own right hand in high places. <sup>21</sup>*Now* he's far above all rule, authority, power, dominion, and everybody else in this age and the next. <sup>22-23</sup>God put him in charge of everything as head of his body the church, the embodiment of the One that fills everything. **Eph 1:15-23**

#### Spiritual Death from Personal Sinning

**2:**<sup>1</sup>You were 'dead' because of the sins <sup>2</sup>you once lived in like the rest of the world. *It was a way of living* that corresponded to the ruler of the power in the air, the spirit that operates

in disobedient people. <sup>3</sup>Among those people at one time we all lived by fleshly drives. We were doing what the flesh and imagination desired. Our character made us objects of God's anger like everybody else. <sup>4</sup>But God was so merciful because he loved us so much. <sup>5</sup>We 'died' by sinning, but he 'made us alive' with Christ (by grace he saved us). <sup>6</sup>He raised us up with *him* and seated us with *him* in high places. <sup>7</sup>In the coming ages, what he did will show the tremendous wealth of his grace and kindness toward us in Christ Jesus. <sup>8</sup>By grace we're saved people through faith, and that salvation doesn't come from us; it's God's gift; <sup>9</sup>so we can't be proud. <sup>10</sup>We're his workmanship, created in Christ Jesus for living the way God designed us ahead of time to live.

**Eph 2:1-10**

#### **Jew-Gentile Unity in Christ**

<sup>11-12</sup>So, you Gentiles in the flesh—called Uncircumcision by the handmade Circumcision in the flesh, remember that you were separated from Christ at that time. You were excluded from the Commonwealth of Israel, without hope, and without God in the world. <sup>13</sup>But you that were once afar off have come near through Christ's blood.

**Eph 2:11-13**

<sup>14-15</sup>Christ is the basis for peace between us. He made both *of us* into one group and tore down the wall that separated *us*. In his flesh he abrogated the Law that's made up of regulations. That way, from the two groups he could create in himself one new united mankind and could make peace *between us*. <sup>16</sup>*He could* reconcile both *of us* to God in one body through the cross. In himself he killed the hostility. <sup>17</sup>He came and offered peace to you that were far away and to us that were close by. <sup>18</sup>Through him we both have access to the Father by one Spirit. <sup>19</sup>So you're not strangers and aliens anymore, but fellow citizens and members of God's family. <sup>20</sup>You're built on the foundation of the apostles and prophets with Christ Jesus as the cornerstone. <sup>21</sup>In Christ the whole building fits together and grows upward to become a holy sanctuary. <sup>22</sup>In him you're growing along with *us* into a spiritual house for God in *the person of* the Spirit.

**Eph 2:14-22**

#### **Paul's Ministry for Gentiles**

<sup>3-1</sup>That's why I'm Christ's prisoner for you Gentiles. <sup>2</sup>You've heard about the stewardship of grace God gave me for you. <sup>3</sup>He revealed to me his previously unrevealed message, like I noted briefly before. <sup>4</sup>When you read it, you can understand my insight into that message about Christ. <sup>5</sup>In other generations God hadn't made it known to anybody, but now the Spirit has revealed it to his holy apostles and prophets. <sup>6</sup>This is the message: Gentiles are fellow heirs, fellow members of the body, fellow partakers of the promise available in Christ Jesus through the good news. <sup>7</sup>I became a minister of that message by the grace God gave me in keeping with his powerful working. <sup>8</sup>To me, the least of the saints, he gave this grace to present to Gentiles Christ's amazing riches <sup>9</sup>and to bring to light the message that in ages past God kept to himself, who created everything. <sup>10</sup>The church can make known to rulers and authorities in high places the many forms of God's wisdom. <sup>11</sup>That comes from the eternal purpose he brought

about in Christ our Lord. <sup>12</sup>In him we have confident bold access because we trust him. <sup>13</sup>So don't get discouraged over my difficulties on your behalf. They honor you. **Eph 3:1-13**

#### Another Prayer for the Ephesians

<sup>14</sup>So I kneel to the Father; <sup>15</sup>from him every people group in heaven and on earth has identity. <sup>16</sup>I pray that, in keeping with his glorious riches, he'll greatly increase your inner strength by his Spirit. <sup>17</sup>*I pray* that Christ will live in your heart by faith, rooted and grounded in love. <sup>18-19</sup>*I pray* that you'll be able to understand with all the saints the length and breadth, height and depth of Christ's love, which is greater than knowledge. *I pray* that you'll fully experience everything God provides you.

<sup>20</sup>Now to him who can do far more than we think or ask in keeping with the power that's at work in us—<sup>21</sup>glory in the church and in Christ Jesus to all generations. Amen. **Eph 3:14-21**

#### Christian Unity

<sup>4:1</sup>So I, a prisoner in the Lord, urge you to live appropriate to your calling—<sup>2</sup>with humility and gentleness, with patience toward each other in love. <sup>3</sup>Make every effort to maintain spiritual unity\* by being bound together with peace.

<sup>4</sup>*There's one body, one Spirit, one hope you're called to,*

<sup>5</sup>*one Lord, one faith, one baptism,*

<sup>6</sup>*one God and Father of all,*

*who's above all, through all, and in all.*

<sup>7</sup>Christ has measured out grace to each of you, <sup>8</sup>like it says,

*“He ascended on high,  
and captured captivity;  
he gave gifts to people” [Ps 68:18].*

**Eph 4:1-8**

#### Gifting for Ministry

<sup>9</sup>What does “*he ascended*” involve but that he had also descended to earth? <sup>10</sup>And the One that had descended also ascended above the skies to complete everything. <sup>11</sup>He “*gave*” apostles, prophets, evangelists, and pastor-teachers <sup>12</sup>to equip the saints for service and to build up Christ's body. <sup>13</sup>*That work goes on* till we become one in trusting and knowing God's Son and *are* full-grown as measured by the stature of Christ. <sup>14</sup>That's so we won't stay like little kids, tossed back and forth and blown around by every idea that sly people devise to trick us. <sup>15</sup>Let's speak the truth in love and grow up in Christ in every respect. <sup>16</sup>He's the head that unites the whole body. Every ligament holds it together so each part can contribute properly to the growth of the body as it builds itself up in love. **Eph 4:9-16**

#### Wise Living with One Another

<sup>17</sup>So don't live like Gentiles anymore in their pointless way of thinking <sup>18</sup>and darkened understanding. They're strangers to godly living because they're ignorant and hardhearted. <sup>19</sup>They've become insensitive and have given themselves over to doing everything indecent, impure, and greedy. <sup>20</sup>You didn't learn to live that way from Christ. [<sup>21</sup>]repeat **Eph 4:17-21**

<sup>22</sup>So set aside the former way of living—the old kind of humanity that's ruined by desires that deceive; <sup>23</sup>adopt a new mentality. <sup>24</sup>Put on the new kind of humanity that's like God in the goodness and holiness that lie in the truth. **Eph 4:22-24**

<sup>25</sup>So don't lie; *“each of you, speak truthfully with your neighbor”* [Zech 8:16], because you're members of one another. <sup>26</sup>*“If you<sup>pl</sup> feel angry, don't sin”* [Ps 4:4]. Don't let<sup>sg</sup> the sun set on your anger; <sup>27</sup>don't give the devil a foothold. <sup>28</sup>If you're stealing, stop it. Instead, work with your hands, doing what's good so you can share with people who need help. <sup>29</sup>Take every bad word out of your mouth and replace it with a good word that builds up with graciousness those who hear *you*. <sup>30</sup>Don't grieve God's Holy Spirit that *Christ* sealed you with to the day of *final* redemption. <sup>31</sup>Get rid of bitterness, wrath, anger, angry shouting, blasphemy, hateful feelings. <sup>32</sup>Be kind to one another, tenderhearted, gracious, like God in Christ was gracious to you. **Eph 4:25-32**

### Imitating God

<sup>5</sup><sup>1</sup>So imitate God like children he loves. <sup>2</sup>Live in love like Christ loved you and gave himself for you *as an* offering, a sacrifice to God for a sweet fragrance. <sup>3</sup>Don't let immorality, impurity, or greed even be mentioned among you, as is appropriate for saints. <sup>4</sup>Don't allow any indecency or foolish, vulgar talk among you; express gratitude instead. <sup>5</sup>Know for certain that no immoral, impure, or covetous person—covetousness amounts to idolatry—will inherit anything in the kingdom of Christ and God. **Eph 5:1-5**

### Resisting Human Influence

<sup>6</sup>Don't let anybody deceive you with meaningless words. Because of things like that, God measures out his anger on disobedient people. <sup>7</sup>So don't take part in their disobedience. <sup>8-9</sup>At one time you were in the dark; now you're in the light that comes from the Lord. (Light produces goodness, uprightness, and truth.) Live like enlightened children <sup>10</sup>and demonstrate what pleases the Lord.

<sup>11</sup>Don't take part in deeds done in darkness; they don't produce anything; expose them for what they are. <sup>12</sup>It's disgraceful even to talk about what some people do secretly. <sup>13</sup>Everything exposed by light becomes visible; <sup>14</sup>light makes everything visible. So he says,

*“Wake up up, sleeper” (Rom 13:11);  
 “arise from the dead” (Is 26:19),  
 and Christ will give you light” (Is 60:1).*

**Eph 5:6-14**

<sup>15</sup>So be careful to live like wise people. <sup>16</sup>Make the most of *every* opportunity because this is a sinful time. <sup>17</sup>Don't be foolish; know what the Lord's will is. <sup>18</sup>Don't get drunk on wine in reckless living; be filled with the Spirit. <sup>19</sup>Speak to each other in psalms, hymns, and spiritual songs. Sing and make melody in your hearts to the Lord. <sup>20</sup>In the name of our Lord Jesus Christ, always thank the Father for everything. **Eph 5:15-20**

### Family Virtues

<sup>21</sup>Defer to one another out of respect for Christ. <sup>22</sup>Wives defer to your husbands the way *you do* to the Lord, <sup>23</sup>because a husband is responsible above the wife like Christ is responsible above the church and Savior of the body. <sup>24</sup>As the church defers to Christ, wives defer to husbands in the over-all order *of the home*.

<sup>25</sup>Husbands, love your wives the way Christ loved the church and gave himself for it. <sup>26</sup>He did it to sanctify the church and cleanse it by washing *it* with water and the word. <sup>27</sup>He did it so he could present the church to himself without stain or wrinkle or anything like that—so it would be holy and blameless. <sup>28</sup>Husbands, love your wives like your own bodies. Loving your wife amounts to loving yourself. <sup>29</sup>Nobody neglects his own body; he feeds it and takes care of it. Christ does that with the church <sup>30</sup>because we're parts of his body: <sup>31</sup>***“That's why a man is to leave his parents and unite with his wife, and they'll become one”*** [Gen 2:24]. <sup>32</sup>That's a profound matter, but the main thing I'm talking about is Christ and the church. <sup>33</sup>But, each one of you needs to love his wife like he loves himself, and wives need to respect their husbands. **Eph 5:21-33**

<sup>6</sup><sup>1</sup>Children, obey your parents in the Lord; it's the right thing to do. <sup>2-3</sup>***“Honor your father and mother so you'll live long and well”*** [Ex 20:12; Deut. 5:16] (the first commandment with a promise *attached*). <sup>4</sup>Dads, don't make your kids resent you. Raise them up in the Lord's instruction and discipline.

<sup>5</sup>Servants, obey your masters with fear and trembling, sincerely as if obeying Christ. <sup>6</sup>Don't just try to create impressions to please them; but as Christ's servants, do God's will honestly <sup>7</sup>with good intentions. Be serving the Lord, as it were, not people. <sup>8</sup>Understand that whatever each of you does, you'll receive it back from the Lord whether you're a servant or free. <sup>9</sup>Masters, treat your servants the same way. Give up making threats; you know that their Lord and yours is in heaven, and he doesn't show preferences. **Eph 6:1-9**

### The Full Armor of God

<sup>10</sup>Finally, be strong in the Lord and his great power. <sup>11</sup>Put on God's full armor so you can withstand the devil's schemes. <sup>12</sup>You're not fighting a physical war, but rulers, authorities, this world's dark forces, spiritual evil in high places. <sup>13</sup>So put on God's full armor so you can withstand sinful times, overcome everything, and stand firm. <sup>14</sup>So stand firm. Tie truth around

your waist. Make goodness your breastplate. <sup>15</sup>On your feet, wear the good news about peace. <sup>16</sup>Along with everything else, pick up faith as *your* shield so the devil's flaming arrows will ricochet away from you. <sup>17</sup>Take salvation for a helmet and God's word as a spiritual sword. <sup>18</sup>Pray in the spirit on every occasion. Stay alert and persist in petitions for the saints. <sup>19</sup>Pray that I'll speak boldly the unrevealed message that the good news makes known. <sup>20</sup>On behalf of it, I'm an ambassador in chains. *Pray* that I'll speak boldly for him like I need to. **Eph 6:10-20**

#### Farewells

<sup>21</sup>Tychicus, our dear brother and faithful minister in Christ, will fill you in on my circumstances and how I'm doing. <sup>22</sup>I've sent him to do that so he can comfort you.

<sup>23</sup>Peace to fellow believers and love with faith from God the Father and the Lord Jesus Christ. <sup>24</sup>Grace *be* with everybody that has undying love for him. **Eph 6:21-24**

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