### Ephesians

## Chapter 4

1So as a prisoner in the Lord, I’m urging you to be sure that you’re worthy of the calling you’ve received – 2in all humility, gentleness, and patience, while you lovingly put up with each other.  
  
3Try hard to recognize the unifying force of [God’s] Breath, and its power to bring you together in peace. 4For there’s just one ‘body’ and one Spirit, according to the one hope you were called towards (when you were called)…  
  
5There’s just one Lord, one faith, one immersion, 6and one God and Father of everyone, who’s over all, through all, and in all.  
  
  
7Now, the amount of loving care that was shown to each of us depends upon how much of the Gift the Anointed One measured out to us.  
  
8For he says:  
  
 ‘To the highest places, he’s stepped up,  
 And he’s taken captives into captivity;  
 Then, he gave gifts to the people.’  
 [Psalm 68:18]  
  
9So when it says ‘he stepped up,’ this also means that he first had to step down to the lower places… [that is,] to the earth.  
  
10So the one who stepped down, also stepped back up – high above the skies – so he could bring everything to a completion.  
  
11Then he assigned some to be Apostles, some to be Prophets, some to be messengers of the Good News, and some to be shepherds and teachers, 12in order to prepare the Holy Ones for the work of serving and strengthening the body of the Anointed One, 13until we all become one in the faith and in knowledge of the Son of The God – to the point where we’re a complete man who fully measures up to the stature of the Anointed One.  
  
14Yes, so we won’t be [spiritual] ‘babies’ anymore, being troubled and confused by every breeze of deceitful teachings from people who’ll use any cunning scheme to seduce you.Yes, so we won’t be [spiritual] ‘babies’ anymore, being troubled and confused by every breeze of deceitful teachings from people who’ll use any cunning scheme to seduce you.<sup class="difference">[Syr]  
  
15Therefore, while holding onto the truth (and in love), let’s develop in every way into this one who’s the ‘head’ [of the ‘body’] – the Anointed One.  
  
16For he brings the whole ‘body’ firmly together at its joints, and supplies enough of the gift to each part according to its needs, so the ‘body’ will grow itself in love.For he brings the whole ‘body’ firmly together at its joints, and supplies enough of the gift to each part according to its needs, so the ‘body’ will grow itself in love.<sup class="difference">[Syr]  
  
  
17I say and advise this from the Lord:  
  
Don’t continue in the same path that the nations are following, because their thoughts are worthless, 18their minds have been darkened to any understanding, and they’re aliens to a god-fearing life because they’re ignorant [of God] and blind in their hearts!  
  
19For since they’re cut off from any hope,For since they’re cut off from any hope,<sup class="difference">[Syr] they’ve surrendered themselves to debauchery, and greedily doing filthy things.  
  
20However, that isn’t what you’ve learned to be true of the Anointed One 21(if you for a fact heard and were taught about him), because truth comes through Jesus.  
  
22Therefore, you must get rid of the former man (who’s corrupted by sinful desires) 23and create a new personality.  
  
24Then put on this new person… Yes, [someone] created by God in righteousness and true purity.Then put on this new person… Yes, [someone] created by God in righteousness and true purity.<sup class="difference">[Syr]  
  
  
25Also, get rid of lying… You must always tell your neighbors the truth, because we’re all fellow ‘body parts’ of each other!  
  
26[Yes, you can] get irritated, but don’t sin… For the sun will never set on reasons to be irritated!  
  
27Nor should you allow any room for the Slanderer [to act].  
  
28So if you’ve been a thief, you shouldn’t steal anymore. Instead, you should work hard and do good things with your hands, so you’ll have something to share with the needy.  
  
29Nor should you allow any foul words to come out of your mouths. Instead, use good words that are upbuilding (as needed) to show that you care about everyone who listens to you.  
  
30Don’t impede the Holy Breath of The God, with which you’re sealed for the day of salvation.  
  
31Yes, get rid of all the bitterness, anger, wrath, screaming, and slandering, and everything bad, 32and be kind to each other… Be sympathetic and graciously forgive each other, as God (through the Anointed One) has graciously forgiven you.