

Πρὸς Ἐφεσίους

Παῦλος, ἀπόστολος Ἰησοῦ χριστοῦ διὰ θελήματος θεοῦ, τοῖς ἁγίοις τοῖς οὖσιν ἐν **1**

Ἐφέσῳ¹ καὶ πιστοῖς ἐν χριστῷ Ἰησοῦ: χάρις ὑμῖν καὶ εἰρήνη ἀπὸ θεοῦ πατρὸς **2**

ἡμῶν καὶ κυρίου Ἰησοῦ χριστοῦ.

Εὐλογητὸς² ὁ θεὸς καὶ πατὴρ τοῦ κυρίου ἡμῶν Ἰησοῦ χριστοῦ, ὁ εὐλογήσας ἡμᾶς **3**

ἐν πάσῃ εὐλογίᾳ³ πνευματικῇ ἐν τοῖς ἐπουρανίοις⁴ ἐν χριστῷ: καθὼς ἐξελέξατο⁵ **4**

ἡμᾶς ἐν αὐτῷ πρὸ καταβολῆς⁶ κόσμου, εἶναι ἡμᾶς ἁγίους καὶ ἀμώμους⁷

κατενώπιον⁸ αὐτοῦ ἐν ἀγάπῃ, προορίσας⁹ ἡμᾶς εἰς υἰοθεσίαν¹⁰ διὰ Ἰησοῦ **5**

χριστοῦ εἰς αὐτόν, κατὰ τὴν εὐδοκίαν¹¹ τοῦ θελήματος αὐτοῦ, εἰς ἔπαινον¹² **6**

δόξης τῆς χάριτος αὐτοῦ, ἐν ᾗ ἐχαρίτωσεν¹³ ἡμᾶς ἐν τῷ ἡγαπημένῳ: ἐν ᾧ **7**

¹Ἐφεσος, ου, ἡ, Ephesus. ²εὐλογητός, well spoken of, blessed. ³εὐλογία, ας, ἡ, blessing, adulation. ⁴ἐπουράνιος, heavenly, celestial. ⁵ἐκλέγομαι, choose, elect. ⁶καταβολή, ἡς, ἡ, foundation, depositing. ⁷ἄμωμος, without blemish, blameless. ⁸κατενώπιον, before, in the presence of (gen). ⁹προορίζω, predetermine, foreordain. ¹⁰υἰοθεσία, ας, ἡ, adoption. ¹¹εὐδοκία, ας, ἡ, good pleasure, good-will. ¹²ἔπαινος, ου, ὁ, praise, commendation. ¹³χαριτῶ, bestow favor on, favor highly.

ἔχομεν τὴν ἀπολύτρωσιν¹ διὰ τοῦ αἵματος αὐτοῦ, τὴν ἄφεσιν² τῶν
 παραπτωμάτων,³ κατὰ τὸν πλοῦτον⁴ τῆς χάριτος αὐτοῦ, ἧς ἐπερίσσευσεν εἰς 8
 ἡμᾶς ἐν πάσῃ σοφίᾳ καὶ φρονήσει,⁵ γνωρίσας ἡμῖν τὸ μυστήριον τοῦ 9
 θελήματος αὐτοῦ, κατὰ τὴν εὐδοκίαν⁶ αὐτοῦ, ἣν προέθετο⁷ ἐν αὐτῷ εἰς 10
 οἰκονομίαν⁸ τοῦ πληρώματος⁹ τῶν καιρῶν, ἀνακεφαλαιώσασθαι¹⁰ τὰ πάντα ἐν
 τῷ χριστῷ, τὰ ἐπὶ τοῖς οὐρανοῖς καὶ τὰ ἐπὶ τῆς γῆς: ἐν αὐτῷ, ἐν ᾧ καὶ 11
 ἐκκληρώθημεν¹¹ προορισθέντες¹² κατὰ πρόθεσιν¹³ τοῦ τὰ πάντα ἐνεργοῦντος¹⁴
 κατὰ τὴν βουλὴν¹⁵ τοῦ θελήματος αὐτοῦ, εἰς τὸ εἶναι ἡμᾶς εἰς ἔπαινον¹⁶ δόξης 12
 αὐτοῦ, τοὺς προηλπικότας¹⁷ ἐν τῷ χριστῷ: ἐν ᾧ καὶ ὑμεῖς, ἀκούσαντες τὸν 13
 λόγον τῆς ἀληθείας, τὸ εὐαγγέλιον τῆς σωτηρίας ὑμῶν, ἐν ᾧ καὶ πιστεύσαντες
 ἐσφραγίσθητε¹⁸ τῷ πνεύματι τῆς ἐπαγγελίας τῷ ἁγίῳ, ὅς ἐστιν ἄρραβὼν¹⁹ τῆς 14
 κληρονομίας²⁰ ἡμῶν, εἰς ἀπολύτρωσιν¹ τῆς περιποιήσεως,²¹ εἰς ἔπαινον¹⁶ τῆς

¹ ἀπολύτρωσις, εως, ἡ, redemption, deliverance. ² ἄφεσις, εως, ἡ, release, forgiveness. ³ παράπτωμα, τος, τό, trespass, falling away. ⁴ πλοῦτος, ου, ὁ, wealth, riches. ⁵ φρόνησις, εως, ἡ, way of thinking, insight. ⁶ εὐδοκία, ας, ἡ, good pleasure, good-will. ⁷ προτίθεμαι, purpose, design beforehand. ⁸ οἰκονομία, ας, ἡ, stewardship, administration. ⁹ πλήρωμα, τος, τό, fullness, fulfillment. ¹⁰ ἀνακεφαλαιόω, sum up, recapitulate. ¹¹ κληρώω, appoint by lot, obtain an inheritance. ¹² προορίζω, predetermine, foreordain. ¹³ πρόθεσις, εως, ἡ, setting forth, purpose. ¹⁴ ἐνεργέω, work, effect. ¹⁵ βουλή, ἡς, ἡ, counsel, purpose. ¹⁶ ἔπαινος, ου, ὁ, praise, commendation. ¹⁷ προελπίζω, hope before, be the first to hope. ¹⁸ σφραγίζω, seal, set a seal upon. ¹⁹ ἄρραβὼν, ὄνος, ὁ, earnest, pledge. ²⁰ κληρονομία, ας, ἡ, inheritance. ²¹ περιποιήσις, εως, ἡ, preservation, acquisition.

δόξης αὐτοῦ.

Διὰ τοῦτο καὶ γὰρ, ἀκούσας τὴν καθ' ὑμᾶς πίστιν ἐν τῷ κυρίῳ Ἰησοῦ καὶ τὴν 15
ἀγάπην τὴν εἰς πάντας τοὺς ἁγίους, οὐ παύομαι¹ εὐχαριστῶν ὑπὲρ ὑμῶν, 16
μνησθῆναι² ὑμῶν ποιούμενος ἐπὶ τῶν προσευχῶν μου· ἵνα ὁ θεὸς τοῦ κυρίου ἡμῶν 17
Ἰησοῦ χριστοῦ, ὁ πατὴρ τῆς δόξης, δώῃ ὑμῖν πνεῦμα σοφίας καὶ ἀποκαλύψῃ³,
ἐν ἐπιγνώσει⁴ αὐτοῦ· πεφωτισμένους⁵ τοὺς ὀφθαλμοὺς τῆς καρδίας ὑμῶν, εἰς 18
τὸ εἰδέναι ὑμᾶς τίς ἐστιν ἡ ἐλπίς τῆς κλήσεως⁶ αὐτοῦ, καὶ τίς ὁ πλοῦτος⁷ τῆς
δόξης τῆς κληρονομίας⁸ αὐτοῦ ἐν τοῖς ἁγίοις, καὶ τί τὸ ὑπερβάλλον⁹ μέγεθος¹⁰ 19
τῆς δυνάμεως αὐτοῦ εἰς ἡμᾶς τοὺς πιστεύοντας, κατὰ τὴν ἐνέργειαν¹¹ τοῦ
κράτους¹² τῆς ἰσχύος¹³ αὐτοῦ ἣν ἐνήργησεν¹⁴ ἐν τῷ χριστῷ, ἐγείρας αὐτὸν ἐκ 20
τῶν νεκρῶν, καὶ ἐκάθισεν ἐν δεξιᾷ αὐτοῦ ἐν τοῖς ἐπουρανίοις,¹⁵ ὑπεράνω¹⁶ 21
πάσης ἀρχῆς καὶ ἐξουσίας καὶ δυνάμεως καὶ κυριότητος,¹⁷ καὶ παντὸς ὀνόματος

¹ παύω, cause to cease. ² μνησθῆναι, ἀσ, ἡ, remembrance, mention. ³ ἀποκάλυψις, εως, ἡ, revelation, unveiling. ⁴ ἐπίγνωσις, εως, ἡ, knowledge, discernment. ⁵ φωτίζω, give light, enlighten. ⁶ κλήσις, εως, ἡ, (divine) call, invitation. ⁷ πλοῦτος, ου, ὁ, wealth, riches. ⁸ κληρονομία, ἀς, ἡ, inheritance. ⁹ ὑπερβάλλω, go beyond, surpass. ¹⁰ μέγεθος, ους, τό, size, greatness. ¹¹ ἐνέργεια, ἀς, ἡ, operative power, working. ¹² κράτος, ους, τό, power, dominion. ¹³ ἰσχύς, ὅς, ἡ, strength, power. ¹⁴ ἐνεργέω, work, effect. ¹⁵ ἐπουράνιος, heavenly, celestial. ¹⁶ ὑπεράνω, high above (gen), far above. ¹⁷ κυριότης, ητος, ἡ, lordship, dominion.

ὀνομαζομένου¹ οὐ μόνον ἐν τῷ αἰῶνι τούτῳ, ἀλλὰ καὶ ἐν τῷ μέλλοντι· καὶ 22
 πάντα ὑπέταξεν ὑπὸ τοὺς πόδας αὐτοῦ, καὶ αὐτὸν ἔδωκεν κεφαλὴν ὑπὲρ πάντα
 τῇ ἐκκλησίᾳ, ἣτις ἐστὶν τὸ σῶμα αὐτοῦ, τὸ πλήρωμα² τοῦ τὰ πάντα ἐν πᾶσιν 23
 πληρουμένου.

Καὶ ὑμᾶς ὄντας νεκροὺς τοῖς παραπτώμασιν³ καὶ ταῖς ἁμαρτίαις, ἐν αἷς ποτὲ 2
 περιεπατήσατε κατὰ τὸν αἰῶνα τοῦ κόσμου τούτου, κατὰ τὸν ἄρχοντα τῆς
 ἐξουσίας τοῦ ἀέρος,⁴ τοῦ πνεύματος τοῦ νῦν ἐνεργοῦντος⁵ ἐν τοῖς υἱοῖς τῆς
 ἀπειθείας·⁶ ἐν οἷς καὶ ἡμεῖς πάντες ἀνεστράφημέν⁷ ποτε ἐν ταῖς ἐπιθυμίαις τῆς 3
 σαρκὸς ἡμῶν, ποιοῦντες τὰ θελήματα τῆς σαρκὸς καὶ τῶν διανοιῶν,⁸ καὶ ἤμεν
 τέκνα φύσει⁹ ὀργῆς, ὡς καὶ οἱ λοιποί· ὁ δὲ θεός, πλούσιος ὢν ἐν ἐλέει, διὰ τὴν 4
 πολλὴν ἀγάπην αὐτοῦ ἣν ἡγάπησεν ἡμᾶς, καὶ ὄντας ἡμᾶς νεκροὺς τοῖς 5
 παραπτώμασιν³ συνεζωοποίησεν¹⁰ τῷ χριστῷ – χάριτί ἐστε σεσωσμένοι – καὶ 6

¹ ὀνομάζω, name, give a name to. ² πλήρωμα, τος, τό, fullness, fulfillment. ³ παράπτωμα, τος, τό, trespass, falling away. ⁴ ἀήρ, ος, ό, air. ⁵ ἐνεργέω, work, effect. ⁶ ἀπειθεια, ας, ή, disobedience, willful unbelief. ⁷ ἀναστρέφω, return, live. ⁸ διάνοια, ας, ή, mind, understanding. ⁹ φύσις, εως, ή, nature, inherent nature. ¹⁰ συζωοποιέω, make alive together with someone.

συνήγειρεν,¹ καὶ συνεκάθισεν² ἐν τοῖς ἐπουρανίοις³ ἐν χριστῷ Ἰησοῦ: ἵνα ⁷
ἐνδείξηται⁴ ἐν τοῖς αἰῶσιν τοῖς ἐπερχομένοις⁵ τὸν ὑπερβάλλοντα⁶ πλοῦτον⁷ τῆς
χάριτος αὐτοῦ ἐν χρηστότητι⁸ ἐφ' ἡμᾶς ἐν χριστῷ Ἰησοῦ: τῇ γὰρ χάριτί ἐστε ⁸
σεσωσμένοι διὰ τῆς πίστεως, καὶ τοῦτο οὐκ ἐξ ὑμῶν: θεοῦ τὸ δῶρον:⁹ οὐκ ἐξ ⁹
ἔργων, ἵνα μή τις καυχῇται. Αὐτοῦ γὰρ ἐσμεν ποίημα,¹⁰ κτισθέντες¹¹ ἐν ¹⁰
χριστῷ Ἰησοῦ ἐπὶ ἔργοις ἀγαθοῖς, οἷς προητοίμασεν¹² ὁ θεός, ἵνα ἐν αὐτοῖς
περιπατήσωμεν.

Διὸ μνημονεύετε¹³ ὅτι ὑμεῖς ποτὲ τὰ ἔθνη ἐν σαρκί, οἱ λεγόμενοι ἀκροβυστία¹⁴ ¹¹
ὑπὸ τῆς λεγομένης περιτομῆς ἐν σαρκὶ χειροποιήτου,¹⁵ ὅτι ἦτε ἐν τῷ καιρῷ ¹²
ἐκείνῳ χωρὶς χριστοῦ, ἀπηλλοτριωμένοι¹⁶ τῆς πολιτείας¹⁷ τοῦ Ἰσραὴλ, καὶ ξένοι
τῶν διαθηκῶν τῆς ἐπαγγελίας, ἐλπίδα μὴ ἔχοντες, καὶ ἄθεοι¹⁹ ἐν τῷ κόσμῳ. ¹³

¹ συνεγείρω, raise up with, raise along with. ² συγκαθίζω, cause to sit down together. ³ ἐπουράνιος, heavenly, celestial. ⁴ ἐνδείκνυμι, show forth, show. ⁵ ἐπέρχομαι, come to or upon, approach. ⁶ ὑπερβάλλω, go beyond, surpass. ⁷ πλοῦτος, ου, ὁ, wealth, riches. ⁸ χρηστότης, ητος, ἡ, goodness, kindness. ⁹ δῶρον, ου, τό, gift, present. ¹⁰ ποίημα, τος, τό, work, creation. ¹¹ κτίζω, create, form. ¹² προετοιμάζω, prepare beforehand, predestine. ¹³ μνημονεύω, remember, make mention of. ¹⁴ ἀκροβυστία, ας, ἡ, uncircumcision, foreskin. ¹⁵ χειροποίητος, made by hand, done or made with hands. ¹⁶ ἀπαλλοτριόμαι, alienate, estrange. ¹⁷ πολιτεία, ας, ἡ, citizenship, citizen body. ¹⁸ ξένος, strange, stranger. ¹⁹ ἄθεος, without God, godless.

Νυνὶ¹ δὲ ἐν χριστῷ Ἰησοῦ ὑμεῖς οἱ ποτὲ ὄντες μακρὰν² ἐγγὺς ἐγενήθητε ἐν τῷ
 αἵματι τοῦ χριστοῦ. Αὐτὸς γάρ ἐστιν ἡ εἰρήνη ἡμῶν, ὁ ποιήσας τὰ ἀμφοτέρα³ 14
 ἐν, καὶ τὸ μεσότοιχον⁴ τοῦ φραγμοῦ⁵ λύσας, τὴν ἔχθραν⁶ ἐν τῇ σαρκὶ αὐτοῦ, τὸν 15
 νόμον τῶν ἐντολῶν ἐν δόγμασιν,⁷ καταργήσας· ἵνα τοὺς δύο κτίσῃ⁸ ἐν ἑαυτῷ
 εἰς ἓνα καινὸν ἄνθρωπον, ποιῶν εἰρήνην, καὶ ἀποκαταλλάξῃ⁹ τοὺς ἀμφοτέρους³ 16
 ἐν ἐνὶ σώματι τῷ θεῷ διὰ τοῦ σταυροῦ, ἀποκτείνας τὴν ἔχθραν⁶ ἐν αὐτῷ· καὶ 17
 ἔλθων εὐηγγελίσατο εἰρήνην ὑμῖν τοῖς μακρὰν² καὶ τοῖς ἐγγύς· ὅτι δι' αὐτοῦ 18
 ἔχομεν τὴν προσαγωγὴν¹⁰ οἱ ἀμφοτέροι³ ἐν ἐνὶ πνεύματι πρὸς τὸν πατέρα. Ἄρα 19
 οὖν οὐκέτι ἐστὲ ξένοι¹¹ καὶ πάροικοι,¹² ἀλλὰ συμπολίται¹³ τῶν ἁγίων καὶ οἰκεῖοι
 τοῦ θεοῦ, ἐποικοδομηθέντες¹⁵ ἐπὶ τῷ θεμελίῳ¹⁶ τῶν ἀποστόλων καὶ προφητῶν, 20
 ὄντος ἀκρογωνιαίου¹⁷ αὐτοῦ Ἰησοῦ χριστοῦ, ἐν ᾧ πᾶσα οἰκοδομὴ¹⁸ 21
 συναρμολογουμένη¹⁹ αὖξει²⁰ εἰς ναὸν ἅγιον ἐν κυρίῳ, ἐν ᾧ καὶ ὑμεῖς 22

¹ νυνί, now, already. ² μακράν, far away. ³ ἀμφοτέροι, both, both of two. ⁴ μεσότοιχον, ου, τό, middle wall, dividing wall. ⁵ φραγμός, οὐ, ό, wall, fence. ⁶ ἐχθρα, ας, ή, enmity, hostility. ⁷ δόγμα, τος, τό, a public decree, ordinance. ⁸ κτίζω, create, form. ⁹ ἀποκαταλλάσσω, reconcile. ¹⁰ προσαγωγή, ης, ή, access, approach. ¹¹ ξένος, strange, stranger. ¹² πάροικος, ου, ό, alien, stranger. ¹³ συμπολίτης, ου, ό, fellow citizen. ¹⁴ οἰκεῖος, ου, ό, household, members of the household. ¹⁵ ἐποικοδομέω, build upon, build upon a foundation. ¹⁶ θεμέλιος, ου, ό, foundation. ¹⁷ ἀκρογωνιαίος, corner, cornerstone. ¹⁸ οἰκοδομή, ης, ή, building, edification. ¹⁹ συναρμολογέω, fit together. ²⁰ αὖξάνω, cause to grow, increase.

συνοικοδομεῖσθε¹ εἰς κατοικητήριον² τοῦ θεοῦ ἐν πνεύματι.

Τούτου χάριν³ ἐγὼ Παῦλος ὁ δέσμιος⁴ τοῦ χριστοῦ Ἰησοῦ ὑπὲρ ὑμῶν τῶν ἐθνῶν, **3**

εἴγε⁵ ἤκούσατε τὴν οἰκονομίαν⁶ τῆς χάριτος τοῦ θεοῦ τῆς δοθείσης μοι εἰς ὑμᾶς,

ὅτι κατὰ ἀποκάλυψιν⁷ ἐγνώρισέν μοι τὸ μυστήριον, καθὼς προέγραψα⁸ ἐν **3**

ὀλίγῳ, πρὸς ὃ δύνασθε ἀναγινώσκοντες νοῆσαι⁹ τὴν σύνεσίν¹⁰ μου ἐν τῷ **4**

μυστηρίῳ τοῦ χριστοῦ: ὃ ἐτέραις γενεαῖς οὐκ ἐγνώρισθη¹¹ τοῖς υἱοῖς τῶν **5**

ἀνθρώπων, ὡς νῦν ἀπεκαλύφθη τοῖς ἁγίοις ἀποστόλοις αὐτοῦ καὶ προφήταις ἐν

πνεύματι: εἶναι τὰ ἔθνη συγκληρονόμα¹² καὶ σύσσωμα¹³ καὶ συμμετοχα¹⁴ τῆς **6**

ἐπαγγελίας αὐτοῦ ἐν τῷ χριστῷ, διὰ τοῦ εὐαγγελίου, οὗ ἐγενόμην διάκονος **7**

κατὰ τὴν δωρεάν¹⁵ τῆς χάριτος τοῦ θεοῦ, τὴν δοθεῖσάν μοι κατὰ τὴν ἐνέργειαν¹⁶

τῆς δυνάμεως αὐτοῦ. Ἐμοὶ τῷ ἐλαχιστοτέρῳ¹⁷ πάντων ἁγίων ἐδόθη ἡ χάρις **8**

¹ συνοικοδομέω, build up together. ² κατοικητήριον, οὐ, τό, dwelling, dwelling-place. ³ χάριν, in favor of, for the pleasure of. ⁴ δέσμιος, οὐ, ὁ, prisoner, one bound. ⁵ εἴγε, if indeed, seeing that. ⁶ οἰκονομία, ας, ἡ, stewardship, administration. ⁷ ἀποκάλυψις, εως, ἡ, revelation, unveiling. ⁸ προγράφω, write before, write previously. ⁹ νοέω, understand, consider. ¹⁰ σύνεσις, εως, ἡ, understanding, insight. ¹¹ γνωρίζω, make known, declare. ¹² συγκληρονόμος, fellow heir, joint heir. ¹³ σύσσωμος, of the same body. ¹⁴ συμμετοχος, sharing with, partaking with. ¹⁵ δωρεά, ας, ἡ, gift, free gift. ¹⁶ ἐνέργεια, ας, ἡ, operative power, working. ¹⁷ ἐλαχιστότερος, smallest, least important.

αὕτη, ἐν τοῖς ἔθνεσιν εὐαγγελίσασθαι τὸν ἀνεξιχνίαστον¹ πλοῦτον² τοῦ χριστοῦ,
καὶ φωτίσαι³ πάντας τίς ἡ οἰκονομία⁴ τοῦ μυστηρίου τοῦ ἀποκεκρυμμένου⁵ 9
ἀπὸ τῶν αἰώνων ἐν τῷ θεῷ τῷ τὰ πάντα κτίσαντι⁶ διὰ Ἰησοῦ χριστοῦ, ἵνα 10
γνωρισθῇ νῦν ταῖς ἀρχαῖς καὶ ταῖς ἐξουσίαις ἐν τοῖς ἐπουρανίοις⁷ διὰ τῆς
ἐκκλησίας ἡ πολυποίκιλος⁸ σοφία τοῦ θεοῦ, κατὰ πρόθεσιν⁹ τῶν αἰώνων ἦν 11
ἐποίησεν ἐν χριστῷ Ἰησοῦ τῷ κυρίῳ ἡμῶν: ἐν ᾧ ἔχομεν τὴν παρρησίαν καὶ τὴν 12
προσαγωγὴν¹⁰ ἐν πεποιθήσει¹¹ διὰ τῆς πίστεως αὐτοῦ. Διὸ αἰτοῦμαι μὴ 13
ἐκκακεῖν¹² ἐν ταῖς θλίψεσίν μου ὑπὲρ ὑμῶν, ἥτις ἐστὶν δόξα ὑμῶν.

Τούτου χάριν¹³ κάμπτω¹⁴ τὰ γόνατά¹⁵ μου πρὸς τὸν πατέρα τοῦ κυρίου ἡμῶν 14
Ἰησοῦ χριστοῦ, ἐξ οὗ πᾶσα πατριὰ¹⁶ ἐν οὐρανοῖς καὶ ἐπὶ γῆς ὀνομάζεται,¹⁷ ἵνα 15
δῶῃ ὑμῖν, κατὰ τὸν πλοῦτον² τῆς δόξης αὐτοῦ, δυνάμει κραταιωθῆναι¹⁸ διὰ τοῦ
πνεύματος αὐτοῦ εἰς τὸν ἔσω¹⁹ ἄνθρωπον, κατοικῆσαι τὸν χριστὸν διὰ τῆς 17

¹ ἀνεξιχνίαστος, inscrutable, incomprehensible. ² πλοῦτος, ου, ὁ, wealth, riches. ³ φωτίζω, give light, enlighten. ⁴ οἰκονομία, ας, ἡ, stewardship, administration. ⁵ ἀποκρύπτω, hide, conceal. ⁶ κτίζω, create, form. ⁷ ἐπουράνιος, heavenly, celestial. ⁸ πολυποίκιλος, many-sided, manifold. ⁹ πρόθεσις, εως, ἡ, setting forth, purpose. ¹⁰ προσαγωγή, ἡς, ἡ, access, approach. ¹¹ πεποίθησις, εως, ἡ, confidence, trust. ¹² ἐκκακέω, am faint, am weary. ¹³ χάριν, in favor of, for the pleasure of. ¹⁴ κάμπτω, bend, bow. ¹⁵ γόνυ, ατος, τό, knee. ¹⁶ πατριὰ, ᾱς, ἡ, lineage, family. ¹⁷ ὀνομάζω, name, give a name to. ¹⁸ κραταιόω, strengthen, confirm. ¹⁹ ἔσω, within, inside.

πίστεως ἐν ταῖς καρδίαις ὑμῶν: ἐν ἀγάπῃ ἑρριζωμένοι¹ καὶ τεθεμελιωμένοι² ἵνα 18
 ἐξισχύσητε³ καταλαβέσθαι⁴ σὺν πᾶσιν τοῖς ἁγίοις τί τὸ πλάτος⁵ καὶ μήκος⁶ καὶ
 βάθος⁷ καὶ ὕψος,⁸ γινῶναί τε τὴν ὑπερβάλλουσαν⁹ τῆς γνώσεως ἀγάπην τοῦ 19
 χριστοῦ, ἵνα πληρωθῇτε εἰς πᾶν τὸ πλήρωμα¹⁰ τοῦ θεοῦ.

Τῷ δὲ δυναμένῳ ὑπὲρ πάντα ποιῆσαι ὑπὲρ ἐκπερισσοῦ ὧν αἰτούμεθα ἢ νοοῦμεν,¹¹ 20
 κατὰ τὴν δύναμιν τὴν ἐνεργουμένην¹² ἐν ἡμῖν, αὐτῷ ἡ δόξα ἐν τῇ ἐκκλησίᾳ ἐν 21
 χριστῷ Ἰησοῦ, εἰς πάσας τὰς γενεὰς τοῦ αἰῶνος τῶν αἰώνων. Ἀμήν.

Παρακαλῶ οὖν ὑμᾶς ἐγώ, ὁ δέσμιος¹³ ἐν κυρίῳ, ἀξίως¹⁴ περιπατῆσαι τῆς κλήσεως 4
 ἣς ἐκλήθητε, μετὰ πάσης ταπεινοφροσύνης¹⁶ καὶ πραότητος,¹⁷ μετὰ 2
 μακροθυμίας,¹⁸ ἀνεχόμενοι¹⁹ ἀλλήλων ἐν ἀγάπῃ, σπουδάζοντες²⁰ τηρεῖν τὴν 3
 ἐνότητά²¹ τοῦ πνεύματος ἐν τῷ συνδέσμῳ²² τῆς εἰρήνης. Ἐν σῶμα καὶ ἐν 4

¹ ῥιζόω, root, fix by the root. ² θεμελιόω, lay a foundation, found. ³ ἐξισχύω, be able, be strong enough. ⁴ καταλαμβάνω, overtake, apprehend. ⁵ πλάτος, οὗς, τό, breadth, width. ⁶ μήκος, οὗς, τό, length. ⁷ βάθος, οὗς, τό, depth, deep. ⁸ ὕψος, οὗς, τό, height, heaven. ⁹ ὑπερβάλλω, go beyond, surpass. ¹⁰ πλήρωμα, τος, τό, fullness, fulfillment. ¹¹ νοέω, understand, consider. ¹² ἐνεργέω, work, effect. ¹³ δέσμιος, ου, ὁ, prisoner, one bound. ¹⁴ ἀξίως, worthily, in a manner worthy of. ¹⁵ κλήσις, εως, ἡ, (divine) call, invitation. ¹⁶ ταπεινοφροσύνη, ης, ἡ, lowliness of mind, humility. ¹⁷ πραΰτης, mildness, gentleness. ¹⁸ μακροθυμία, ας, ἡ, long-suffering, patience. ¹⁹ ἀνέχομαι, endure, bear with. ²⁰ σπουδάζω, hasten, be eager. ²¹ ἐνότης, ητος, ἡ, oneness, unity. ²² σύνδεσμος, ου, ὁ, bond, fetter.

πνεῦμα, καθὼς καὶ ἐκλήθητε ἐν μιᾷ ἐλπίδι τῆς κλήσεως¹ ὑμῶν: εἷς κύριος, μία 5
 πίστις, ἐν βάπτισμα,² εἷς θεὸς καὶ πατὴρ πάντων, ὁ ἐπὶ πάντων, καὶ διὰ 6
 πάντων, καὶ ἐν πάσιν ἡμῖν. Ἐνὶ δὲ ἐκάστῳ ἡμῶν ἐδόθη ἡ χάρις κατὰ τὸ μέτρον³ 7
 τῆς δωρεᾶς⁴ τοῦ χριστοῦ. Διὸ λέγει, Ἀναβὰς εἰς ὕψος⁵ ἠχμαλώτευσεν⁶ 8
 αἰχμαλωσίαν,⁷ καὶ ἔδωκεν δόματα⁸ τοῖς ἀνθρώποις. Τὸ δέ, Ἀνέβη, τί ἐστὶν εἰ 9
 μὴ ὅτι καὶ κατέβη πρῶτον εἰς τὰ κατώτερα⁹ μέρη τῆς γῆς; Ὁ καταβάς, αὐτός 10
 ἐστὶν καὶ ὁ ἀναβὰς ὑπεράνω¹⁰ πάντων τῶν οὐρανῶν, ἵνα πληρώσῃ τὰ πάντα. 11
 Καὶ αὐτὸς ἔδωκεν τοὺς μὲν ἀποστόλους, τοὺς δὲ προφήτας, τοὺς δὲ
 εὐαγγελιστάς,¹¹ τοὺς δὲ ποιμένας¹² καὶ διδασκάλους, πρὸς τὸν καταρτισμὸν¹³ 12
 τῶν ἁγίων, εἰς ἔργον διακονίας, εἰς οἰκοδομὴν¹⁴ τοῦ σώματος τοῦ χριστοῦ: 13
 μέχρι¹⁵ καταντήσωμεν¹⁶ οἱ πάντες εἰς τὴν ἐνότητα¹⁷ τῆς πίστεως καὶ τῆς
 ἐπιγνώσεως¹⁸ τοῦ υἱοῦ τοῦ θεοῦ, εἰς ἄνδρα τέλειον,¹⁹ εἰς μέτρον³ ἡλικίας²⁰ τοῦ

¹ κλήσις, εως, ἡ, (divine) call, invitation. ² βάπτισμα, τος, τό, baptism, rite or ceremony of baptism. ³ μέτρον, ου, τό, measure, measuring rod. ⁴ δωρεά, ᾶς, ἡ, gift, free gift. ⁵ ὕψος, ους, τό, height, heaven. ⁶ αἰχμαλωτεύω, capture, lead captive. ⁷ αἰχμαλωσία, ας, ἡ, captivity, host of captives. ⁸ δόμα, τος, τό, present, gift. ⁹ κατώτερος, lower. ¹⁰ ὑπεράνω, high above (gen), far above. ¹¹ εὐαγγελιστής, οῦ, ὁ, evangelist, bringer of good tidings. ¹² ποιμὴν, ἐνος, ὁ, shepherd. ¹³ καταρτισμός, οῦ, ὁ, equipment, equipping. ¹⁴ οἰκοδομή, ῆς, ἡ, building, edification. ¹⁵ μέχρι, until, as far as (gen). ¹⁶ καταντάω, come to, arrive. ¹⁷ ἐνότης, ητος, ἡ, oneness, unity. ¹⁸ ἐπίγνωσις, εως, ἡ, knowledge, discernment. ¹⁹ τέλειος, complete, perfect. ²⁰ ἡλικία, ας, ἡ, maturity, age.

πληρώματος¹ τοῦ χριστοῦ: ἵνα μηκέτι² ὦμεν νήπιοι,³ κλυδωνιζόμενοι⁴ καὶ 14
 περιφερόμενοι⁵ παντὶ ἀνέμῳ τῆς διδασκαλίας,⁶ ἐν τῇ κυβείᾳ⁷ τῶν ἀνθρώπων, ἐν
 πανουργίᾳ⁸ πρὸς τὴν μεθοδείαν⁹ τῆς πλάνης:¹⁰ ἀληθεύοντες¹¹ δὲ ἐν ἀγάπῃ 15
 αὐξήσωμεν¹² εἰς αὐτὸν τὰ πάντα, ὃς ἐστὶν ἡ κεφαλὴ, ὁ χριστός, ἐξ οὗ πᾶν τὸ 16
 σῶμα συναρμολογούμενον¹³ καὶ συμβιβαζόμενον¹⁴ διὰ πάσης ἀφῆς¹⁵ τῆς
 ἐπιχορηγίας,¹⁶ κατ' ἐνέργειαν¹⁷ ἐν μέτρῳ¹⁸ ἐνὸς ἐκάστου μέρους, τὴν αὐξησιν¹⁹
 τοῦ σώματος ποιεῖται εἰς οἰκοδομὴν²⁰ ἑαυτοῦ ἐν ἀγάπῃ.

Τοῦτο οὖν λέγω καὶ μαρτύρομαι²¹ ἐν κυρίῳ, μηκέτι² ὑμᾶς περιπατεῖν, καθὼς καὶ 17
 τὰ λοιπὰ ἔθνη περιπατεῖ ἐν ματαιότητι²² τοῦ νοῦς²³ αὐτῶν, ἐσκοτισμένοι²⁴ τῇ 18
 διανοίᾳ,²⁵ ὄντες ἀπηλλοτριωμένοι²⁶ τῆς ζωῆς τοῦ θεοῦ διὰ τὴν ἄγνοιαν²⁷ τὴν
 οὔσαν ἐν αὐτοῖς, διὰ τὴν πώρωσιν²⁸ τῆς καρδίας αὐτῶν: οἵτινες ἀπηλγηκότες²⁹ 19

¹ πλήρωμα, τος, τό, fullness, fulfillment. ² μηκέτι, no longer. ³ νήπιος, infant, child. ⁴ κλυδωνίζομαι, be tossed here and there by waves. ⁵ περιφέρω, carry about, carry around. ⁶ διδασκαλία, ας, ή, teaching, doctrine. ⁷ κυβεία, ας, ή, craftiness, trickery. ⁸ πανουργία, ας, ή, cleverness, craftiness. Trickery. ⁹ μεθοδεία, ας, ή, scheming, craftiness. ¹⁰ πλάνη, ης, ή, wandering, error. ¹¹ ἀλητεύω, speak the truth, say. ¹² αὐξάνω, cause to grow, increase. ¹³ συναρμολογέω, fit together. ¹⁴ συμβιβάζω, hold together, instruct. ¹⁵ ἀφή, ης, ή, joint, band. ¹⁶ ἐπιχορηγία, ας, ή, assistance, provision. ¹⁷ ἐνέργεια, ας, ή, operative power, working. ¹⁸ μέτρον, ου, τό, measure, measuring rod. ¹⁹ αὐξήσις, εως, ή, growth, increase. ²⁰ οἰκοδομή, ης, ή, building, edification. ²¹ μαρτύρομαι, affirm, testify. ²² ματαιότης, ητος, ή, vanity, emptiness. ²³ νοῦς, ό, mind, reasoning faculty. ²⁴ σκοτίζω, darken. ²⁵ διάνοια, ας, ή, mind, understanding. ²⁶ ἀπαλλοτριόμαι, alienate, estrange. ²⁷ ἄγνοια, ας, ή, ignorance. ²⁸ πώρωσις, εως, ή, hardness, obstinacy. ²⁹ ἀπαλγέω, become callous, dead to feeling.

ἑαυτοὺς παρέδωκαν τῇ ἀσελγείᾳ,¹ εἰς ἐργασίαν² ἀκαθαρσίας³ πάσης ἐν
 πλεονεξίᾳ.⁴ Ὑμεῖς δὲ οὐχ οὕτως⁵ ἐμάθετε τὸν χριστόν, εἴγε⁶ αὐτὸν ἠκούσατε 20
 καὶ ἐν αὐτῷ ἐδιδάχθητε, καθὼς ἐστὶν ἀλήθεια ἐν τῷ Ἰησοῦ: ἀποθέσθαι⁷ ὑμᾶς, 22
 κατὰ τὴν προτέραν⁸ ἀναστροφὴν,⁹ τὸν παλαιὸν¹⁰ ἄνθρωπον, τὸν φθειρόμενον¹¹
 κατὰ τὰς ἐπιθυμίας τῆς ἀπάτης:¹² ἀνανεοῦσθαι¹³ δὲ τῷ πνεύματι τοῦ νοὸς¹⁴ 23
 ὑμῶν, καὶ ἐνδύσασθαι τὸν καινὸν ἄνθρωπον, τὸν κατὰ θεὸν κτισθέντα¹⁵ ἐν 24
 δικαιοσύνῃ καὶ ὁσιότητι¹⁶ τῆς ἀληθείας.

Διὸ ἀποθέμενοι⁷ τὸ ψεῦδος¹⁷ λαλεῖτε ἀλήθειαν ἕκαστος μετὰ τοῦ πλησίον¹⁸ αὐτοῦ: 25
 ὅτι ἐσμὲν ἀλλήλων μέλη. Ὁργίζεσθε¹⁹ καὶ μὴ ἁμαρτάνετε: ὁ ἥλιος μὴ 26
 ἐπιδυέτω²⁰ ἐπὶ τῷ παροργισμῷ²¹ ὑμῶν: μηδὲ δίδοτε τόπον τῷ διαβόλῳ. Ὁ 27
 κλέπτων²² μηκέτι²³ κλεπτέτω:²² μᾶλλον δὲ κοπιάτω,²⁴ ἐργαζόμενος τὸ ἀγαθὸν

¹ ἀσελγεία, ας, ἡ, licentiousness, debauchery. ² ἐργασία, ας, ἡ, profit, business. ³ ἀκαθαρσία, ας, ἡ, uncleanness, impurity. ⁴ πλεονεξία, ας, ἡ, covetousness, avarice. ⁵ οὕτως, thus, so. ⁶ εἴγε, if indeed, seeing that. ⁷ ἀποτίθημι, put off, lay aside. ⁸ πρότερον, formerly, before. ⁹ ἀναστροφή, ἡς, ἡ, conduct, behavior. ¹⁰ παλαιός, old, ancient. ¹¹ φθείρω, destroy, corrupt. ¹² ἀπάτη, ἡς, ἡ, deceit, deceitfulness. ¹³ ἀνανεόω, renew, become young again. ¹⁴ νοῦς, ὁ, mind, reasoning faculty. ¹⁵ κτίζω, create, form. ¹⁶ ὁσιότης, ἡτος, ἡ, piety, holiness. ¹⁷ ψεῦδος, οὗς, τό, lie. ¹⁸ πλησίον, near, neighbor (as a noun). ¹⁹ ὀργίζω, irritate, provoke. ²⁰ ἐπιδύω, set, go down. ²¹ παροργισμός, οὗ, ὁ, irritation, anger. ²² κλέπτω, steal. ²³ μηκέτι, no longer. ²⁴ κοπιάω, toil, labor.

ταῖς χερσίν, ἵνα ἔχη μεταδιδόναι¹ τῷ χρείαν ἔχοντι. Πᾶς λόγος σαπρὸς² ἐκ τοῦ 29
 στόματος ὑμῶν μὴ ἐκπορευέσθω, ἀλλ' εἴ τις ἀγαθὸς πρὸς οἰκοδομὴν³ τῆς
 χρείας, ἵνα δῶ χάριν τοῖς ἀκούουσιν. Καὶ μὴ λυπεῖτε τὸ πνεῦμα τὸ ἅγιον τοῦ 30
 θεοῦ, ἐν ᾧ ἐσφραγίσθητε⁴ εἰς ἡμέραν ἀπολυτρώσεως.⁵ Πᾶσα πικρία⁶ καὶ θυμὸς⁷ 31
 καὶ ὀργὴ καὶ κραυγὴ⁸ καὶ βλασφημία⁹ ἀρθήτω ἀφ' ὑμῶν, σὺν πάσῃ κακίᾳ:¹⁰ 32
 γίνεσθε δὲ εἰς ἀλλήλους χρηστοί,¹¹ εὖσπλαγχοι,¹² χαριζόμενοι¹³ ἑαυτοῖς, καθὼς
 καὶ ὁ θεὸς ἐν χριστῷ ἐχαρίσατο¹³ ἡμῖν.

Γίνεσθε οὖν μιμηταί¹⁴ τοῦ θεοῦ, ὡς τέκνα ἀγαπητά: καὶ περιπατεῖτε ἐν ἀγάπῃ, 5
 καθὼς καὶ ὁ χριστὸς ἠγάπησεν ἡμᾶς, καὶ παρέδωκεν ἑαυτὸν ὑπὲρ ἡμῶν
 προσφορὰν¹⁵ καὶ θυσίαν τῷ θεῷ εἰς ὁσμὴν¹⁶ εὐωδίας.¹⁷ Πορνεία δὲ καὶ πᾶσα 3
 ἀκαθαρσία¹⁸ ἢ πλεονεξία¹⁹ μηδὲ ὀνομαζέσθω²⁰ ἐν ὑμῖν, καθὼς πρέπει²¹ ἁγίοις: 4

¹ μεταδίδωμι, give a share of, share. ² σαπρός, rotten, worthless. ³ οἰκοδομή, ἡς, ἡ, building, edification. ⁴ σφραγίζω, seal, set a seal upon. ⁵ ἀπολύτρωσις, εως, ἡ, redemption, deliverance. ⁶ πικρία, ας, ἡ, bitterness. ⁷ θυμός, ου, ὁ, wrath, outburst of passion. ⁸ κραυγή, ἡς, ἡ, outcry, crying. ⁹ βλασφημία, ας, ἡ, blasphemy, reproach. ¹⁰ κακία, ας, ἡ, malice, evil. ¹¹ χρηστός, good, kind. ¹² εὖσπλαγχνος, tender-hearted, merciful. ¹³ χαρίζομαι, give freely, forgive. ¹⁴ μιμητής, οὔ, ὁ, imitator. ¹⁵ προσφορά, ᾱς, ἡ, offering, sacrifice. ¹⁶ ὁσμή, ἡς, ἡ, smell, aroma. ¹⁷ εὐωδία, ας, ἡ, fragrance, sweet smell. ¹⁸ ἀκαθαρσία, ας, ἡ, uncleanness, impurity. ¹⁹ πλεονεξία, ας, ἡ, covetousness, avarice. ²⁰ ὀνομάζω, name, give a name to. ²¹ πρέπω, be clearly seen, be fitting.

καὶ αἰσχρότης,¹ καὶ μωρολογία,² ἢ εὐτραπελία,³ τὰ οὐκ ἀνήκοντα·⁴ ἀλλὰ
 μᾶλλον εὐχαριστία.⁵ Τοῦτο γάρ ἐστε γινώσκοντες, ὅτι πᾶς πόρνος,⁶ ἢ 5
 ἀκάθαρτος, ἢ πλεονέκτης,⁷ ὃς ἐστὶν εἰδωλολάτρης,⁸ οὐκ ἔχει κληρονομίαν⁹ ἐν
 τῇ βασιλείᾳ τοῦ χριστοῦ καὶ θεοῦ. Μηδεὶς ὑμᾶς ἀπατάτω¹⁰ κενοῖς¹¹ λόγοις· διὰ 6
 ταῦτα γὰρ ἔρχεται ἡ ὀργὴ τοῦ θεοῦ ἐπὶ τοὺς υἱοὺς τῆς ἀπειθείας.¹² Μὴ οὖν 7
 γίνεσθε συμμέτοχοι¹³ αὐτῶν· ἦτε γὰρ ποτε σκότος, νῦν δὲ φῶς ἐν κυρίῳ· ὡς 8
 τέκνα φωτὸς περιπατεῖτε – ὁ γὰρ καρπὸς τοῦ πνεύματος ἐν πάσῃ ἀγαθωσύνῃ¹⁴ 9
 καὶ δικαιοσύνῃ καὶ ἀληθείᾳ – δοκιμάζοντες¹⁵ τί ἐστὶν εὐάρεστον¹⁶ τῷ κυρίῳ· 10
 καὶ μὴ συγκοινωνεῖτε¹⁷ τοῖς ἔργοις τοῖς ἀκάρποις¹⁸ τοῦ σκότους, μᾶλλον δὲ καὶ
 ἐλέγχετε·¹⁹ τὰ γὰρ κρυφῇ²⁰ γινόμενα ὑπ' αὐτῶν αἰσχρόν²¹ ἐστὶν καὶ λέγειν. Τὰ 12
 δὲ πάντα ἐλεγχόμενα¹⁹ ὑπὸ τοῦ φωτὸς φανεροῦνται· πᾶν γὰρ τὸ φανερούμενον
 φῶς ἐστίν. Διὸ λέγει, Ἐγείρε ὁ καθεύδων²² καὶ ἀνάστα ἐκ τῶν νεκρῶν, καὶ 14

¹ αἰσχρότης, ητος, ἡ, shameful, obscenity. ² μωρολογία, ας, ἡ, foolish or silly talk. ³ εὐτραπελία, ας, ἡ, coarse jesting, low jesting. ⁴ ἀνήκω, be fit, be proper. ⁵ εὐχαριστία, ας, ἡ, thanksgiving, thankfulness. ⁶ πόρνος, ου, ὁ, fornicator, immoral person. ⁷ πλεονέκτης, ου, ὁ, covetous or greedy person. ⁸ εἰδωλολάτρης, ου, ὁ, image worshiper, idolater. ⁹ κληρονομία, ας, ἡ, inheritance. ¹⁰ ἀπατάω, deceive, lead into error. ¹¹ κενός, empty, vain. ¹² ἀπειθεία, ας, ἡ, disobedience, willful unbelief. ¹³ συμμέτοχος, sharing with, partaking with. ¹⁴ ἀγαθωσύνη, ης, ἡ, goodness. ¹⁵ δοκιμάζω, prove, approve. ¹⁶ εὐάρεστος, well-pleasing, acceptable. ¹⁷ συγκοινωνέω, have fellowship with, participate. ¹⁸ ἀκαρπος, unfruitful, barren. ¹⁹ ἐλέγχω, convict, reprove. ²⁰ κρυφῇ, secretly, in secret. ²¹ αἰσχρός, shameful, base. ²² καθεύδω, sleep.

ἐπιφάσει¹ σοι ὁ χριστός.

Βλέπετε οὖν πῶς ἀκριβῶς² περιπατεῖτε, μὴ ὡς ἄσοφοι,³ ἀλλ' ὡς σοφοί,⁴ 15

ἐξαγοραζόμενοι⁵ τὸν καιρόν, ὅτι αἱ ἡμέραι πονηραὶ εἰσιν. Διὰ τοῦτο μὴ γίνεσθε 17

ἄφρονες,⁶ ἀλλὰ συνιέντες τί τὸ θέλημα τοῦ κυρίου. Καὶ μὴ μεθύσκεσθε⁷ οἴνῳ, 18

ἐν ᾧ ἐστὶν ἀσωτία,⁸ ἀλλὰ πληροῦσθε ἐν πνεύματι, λαλοῦντες ἑαυτοῖς ψαλμοῖς⁹ 19

καὶ ὕμνοις¹⁰ καὶ ᾠδαῖς¹¹ πνευματικαῖς, ᾄδοντες¹² καὶ ψάλλοντες¹³ ἐν τῇ καρδίᾳ

ὑμῶν τῷ κυρίῳ, εὐχαριστοῦντες πάντοτε ὑπὲρ πάντων ἐν ὀνόματι τοῦ κυρίου 20

ἡμῶν Ἰησοῦ χριστοῦ τῷ θεῷ καὶ πατρί, ὑποτασσόμενοι ἀλλήλοις ἐν φόβῳ 21

χριστοῦ.

¹ ἐπιφάω, shine upon, give light to. ² ἀκριβῶς, carefully, accurately. ³ ἄσοφος, unwise, foolish. ⁴ σοφός, wise. ⁵ ἐξαγοράζω, redeem, make the most of. ⁶ ἄφρων, foolish, senseless. ⁷ μεθύσκω, make drunk. ⁸ ἀσωτία, ας, ἡ, dissipation, debauchery. ⁹ ψαλμός, οὐ, ὁ, song of praise, psalm. ¹⁰ ὕμνος, ου, ὁ, song of praise, hymn. ¹¹ ᾠδή, ἡς, ἡ, song, ode. ¹² ᾄδω, sing. ¹³ ψάλλω, sing, sing praise.

Αἱ γυναῖκες, τοῖς ἰδίοις ἀνδράσιν ὑποτάσσεσθε, ὡς τῷ κυρίῳ. Ὅτι ἀνὴρ ἐστὶν 22
κεφαλὴ τῆς γυναικός, ὡς καὶ ὁ χριστὸς κεφαλὴ τῆς ἐκκλησίας, καὶ αὐτός ἐστιν
σωτὴρ¹ τοῦ σώματος. Ἄλλ' ὥσπερ ἡ ἐκκλησία ὑποτάσσεται τῷ χριστῷ, οὕτως 24
καὶ αἱ γυναῖκες τοῖς ἰδίοις ἀνδράσιν ἐν παντί. Οἱ ἄνδρες, ἀγαπᾶτε τὰς γυναῖκας 25
ἐαυτῶν, καθὼς καὶ ὁ χριστὸς ἠγάπησεν τὴν ἐκκλησίαν, καὶ ἐαυτὸν παρέδωκεν
ὑπὲρ αὐτῆς· ἵνα αὐτὴν ἀγιάσῃ, καθαρίσας τῷ λουτρῷ² τοῦ ὕδατος ἐν ῥήματι, 26
ἵνα παραστήσῃ αὐτὴν ἐαυτῷ ἔνδοξον³ τὴν ἐκκλησίαν, μὴ ἔχουσαν σπίλον⁴ ἢ
ρυτίδα⁵ ἢ τι τῶν τοιούτων, ἀλλ' ἵνα ᾦ ἀγία καὶ ἄμωμος.⁶ Οὕτως ὀφείλουσιν οἱ 28
ἄνδρες ἀγαπᾶν τὰς ἐαυτῶν γυναῖκας ὡς τὰ ἐαυτῶν σώματα. Ὁ ἀγαπῶν τὴν
ἐαυτοῦ γυναῖκα, ἐαυτὸν ἀγαπᾷ: οὐδεὶς γάρ ποτε τὴν ἐαυτοῦ σάρκα ἐμίσησεν, 29
ἀλλ' ἐκτρέφει⁷ καὶ θάλπει⁸ αὐτήν, καθὼς καὶ ὁ κύριος τὴν ἐκκλησίαν: ὅτι μέλη 30
ἐσμὲν τοῦ σώματος αὐτοῦ, ἐκ τῆς σαρκὸς αὐτοῦ καὶ ἐκ τῶν ὀστέων⁹ αὐτοῦ. 31
Ἀντὶ¹⁰ τούτου καταλείψει¹¹ ἄνθρωπος τὸν πατέρα αὐτοῦ καὶ τὴν μητέρα, καὶ

¹ σωτήρ, ἥρος, ὁ, savior, deliverer. ² λουτρόν, οὐ, τό, bath, washing. ³ ἐνδοξος, honored, glorious. ⁴ σπιλος, ου, ὁ, spot, stain. ⁵ ρυτίς, ἰδος, ἡ, wrinkle, spiritual defect. ⁶ ἄμωμος, without blemish, blameless. ⁷ ἐκτρέφω, nourish, rear. ⁸ θάλπω, cherish, comfort. ⁹ ὀστέον, τό, bone. ¹⁰ ἀντί, instead of, in place of. ¹¹ καταλείπω, leave, leave behind.

προσκολληθήσεται¹ πρὸς τὴν γυναῖκα αὐτοῦ, καὶ ἔσονται οἱ δύο εἰς σάρκα μίαν.

Τὸ μυστήριον τοῦτο μέγα ἐστίν· ἐγὼ δὲ λέγω εἰς χριστὸν καὶ εἰς τὴν 32

ἐκκλησίαν. Πλὴν καὶ ὑμεῖς οἱ καθ' ἓνα, ἕκαστος τὴν ἑαυτοῦ γυναῖκα οὕτως² 33

ἀγαπάτω ὡς ἑαυτόν· ἡ δὲ γυνὴ ἵνα φοβῇται τὸν ἄνδρα.

Τὰ τέκνα, ὑπακούετε³ τοῖς γονεῦσιν⁴ ὑμῶν ἐν κυρίῳ· τοῦτο γάρ ἐστιν δίκαιον. 6

Τίμα⁵ τὸν πατέρα σου καὶ τὴν μητέρα ἣτις ἐστὶν ἐντολὴ πρώτη ἐν ἐπαγγελίᾳ, 3

ἵνα εὖ⁶ σοι γένηται, καὶ ἔσῃ μακροχρόνιος⁷ ἐπὶ τῆς γῆς. Καὶ οἱ πατέρες, μὴ 4

παροργίζετε⁸ τὰ τέκνα ὑμῶν, ἀλλ' ἐκτρέφετε⁹ αὐτὰ ἐν παιδείᾳ¹⁰ καὶ νοουθεσίᾳ¹¹

κυρίου.

¹ προσκολλάω, join closely, cleave to. ² οὕτως, thus, so. ³ ὑπακούω, obey, listen. ⁴ γονεῖς, ἑως, ὁ, parent. ⁵ τιμάω, honor, value at a price. ⁶ εὖ, well, well done. ⁷ μακροχρόνιος, long-lived. ⁸ παροργίζω, provoke to anger, exasperate. ⁹ ἐκτρέφω, nourish, rear. ¹⁰ παιδεία, ας, ἡ, training, discipline. ¹¹ νοουθεσία, ας, ἡ, admonition, instruction.

Οἱ δοῦλοι, ὑπακούετε¹ τοῖς κυρίοις κατὰ σάρκα, μετὰ φόβου καὶ τρόμου,² ἐν 5
 ἀπλότητι³ τῆς καρδίας ὑμῶν, ὡς τῷ χριστῷ: μὴ κατ' ὀφθαλμοδουλείαν⁴ ὡς 6
 ἀνθρωπάρεσκοι,⁵ ἀλλ' ὡς δοῦλοι τοῦ χριστοῦ, ποιοῦντες τὸ θέλημα τοῦ θεοῦ ἐκ
 ψυχῆς, μετ' εὐνοίας⁶ δουλεύοντες ὡς τῷ κυρίῳ καὶ οὐκ ἀνθρώποις: εἰδότες ὅτι 7
 ὃ ἐάν τι ἕκαστος ποιήσῃ ἀγαθόν, τοῦτο κομιεῖται⁷ παρὰ τοῦ κυρίου, εἴτε δοῦλος,
 εἴτε ἐλεύθερος.⁸ Καὶ οἱ κύριοι, τὰ αὐτὰ ποιεῖτε πρὸς αὐτούς, ἀνιέντες⁹ τὴν 9
 ἀπειλήν:¹⁰ εἰδότες ὅτι καὶ ὑμῶν αὐτῶν ὁ κύριός ἐστιν ἐν οὐρανοῖς, καὶ
 προσωποληψία¹¹ οὐκ ἔστιν παρ' αὐτῷ.

Τὸ λοιπόν, ἀδελφοί μου, ἐνδυναμοῦσθε¹² ἐν κυρίῳ, καὶ ἐν τῷ κράτει¹³ τῆς ἰσχύος¹⁴ 10
 αὐτοῦ. Ἐνδύσασθε τὴν πανοπλίαν¹⁵ τοῦ θεοῦ, πρὸς τὸ δύνασθαι ὑμᾶς στῆναι 11
 πρὸς τὰς μεθοδείας¹⁶ τοῦ διαβόλου. Ὅτι οὐκ ἔστιν ἡμῖν ἡ πάλη¹⁷ πρὸς αἷμα καὶ 12
 σάρκα, ἀλλὰ πρὸς τὰς ἀρχάς, πρὸς τὰς ἐξουσίας, πρὸς τοὺς κοσμοκράτορας¹⁸

¹ ὑπακούω, obey, listen. ² τρόμος, ου, ὁ, trembling, quaking. ³ ἀπλότης, ητος, ἡ, singleness, hence simplicity. ⁴ ὀφθαλμοδουλεία, ας, ἡ, service rendered only while the master watches. ⁵ ἀνθρωπάρεσκος, people pleaser. ⁶ εὐνοια, ας, ἡ, favor, affection. ⁷ κομίζω, receive, bring. ⁸ ἐλεύθερος, free, delivered from obligation. ⁹ ἀνίημι, give up, loosen. ¹⁰ ἀπειλή, ἡς, ἡ, threat, threatening. ¹¹ προσωποληψία, ας, ἡ, partiality, favoritism. ¹² ἐνδυναμόω, strengthen, empower. ¹³ κράτος, ους, τό, power, dominion. ¹⁴ ἰσχύς, ὅς, ἡ, strength, power. ¹⁵ πανοπλία, ας, ἡ, full armor, complete armor. ¹⁶ μεθοδεία, ας, ἡ, scheming, craftiness. ¹⁷ πάλη, ης, ἡ, struggle, fight. ¹⁸ κοσμοκράτωρ, ορος, ὁ, world ruler, ruler of this world.

τοῦ σκότους τοῦ αἰῶνος τούτου, πρὸς τὰ πνευματικὰ τῆς πονηρίας¹ ἐν τοῖς
 ἐπουρανίοις.² Διὰ τοῦτο ἀναλάβετε³ τὴν πανοπλίαν⁴ τοῦ θεοῦ, ἵνα δυνηθῆτε 13
 ἀντιστῆναι⁵ ἐν τῇ ἡμέρᾳ τῇ πονηρᾷ, καὶ ἅπαντα κατεργασάμενοι⁶ στῆναι. 14
 Στῆτε οὖν περιζωσάμενοι⁷ τὴν ὀσφὺν⁸ ὑμῶν ἐν ἀληθείᾳ, καὶ ἐνδυσάμενοι τὸν
 θώρακα⁹ τῆς δικαιοσύνης, καὶ ὑποδησάμενοι¹⁰ τοὺς πόδας ἐν ἐτοιμασίᾳ¹¹ τοῦ 15
 εὐαγγελίου τῆς εἰρήνης: ἐπὶ πᾶσιν ἀναλαβόντες³ τὸν θυρεὸν¹² τῆς πίστεως, ἐν ᾧ 16
 δυνήσεσθε πάντα τὰ βέλη¹³ τοῦ πονηροῦ τὰ πεπυρωμένα¹⁴ σβέσαι.¹⁵ Καὶ τὴν 17
 περικεφαλαίαν¹⁶ τοῦ σωτηρίου¹⁷ δέξασθαι, καὶ τὴν μάχαιραν τοῦ πνεύματος, ὃ
 ἐστὶν ῥῆμα θεοῦ: διὰ πάσης προσευχῆς καὶ δεήσεως¹⁸ προσευχόμενοι ἐν παντὶ 18
 καιρῷ ἐν πνεύματι, καὶ εἰς αὐτὸ τοῦτο ἀγρυπνοῦντες¹⁹ ἐν πάσῃ
 προσκαρτερήσει²⁰ καὶ δεήσει¹⁸ περὶ πάντων τῶν ἀγίων, καὶ ὑπὲρ ἑμοῦ, ἵνα μοι 19
 δοθῇ λόγος ἐν ἀνοιξί²¹ τοῦ στόματός μου ἐν παρρησίᾳ γνωρίσαι τὸ μυστήριον

¹ πονηρία, ας, ἡ, iniquity, wickedness. ² ἐπουράνιος, heavenly, celestial. ³ ἀναλαμβάνω, take up, raise. ⁴ πανοπλία, ας, ἡ, full armor, complete armor. ⁵ ἀνθίστημι, resist, oppose. ⁶ κατεργάζομαι, work out, produce. ⁷ περιζώννυμι, gird, gird round. ⁸ ὀσφύς, ὅς, ἡ, waist, hip. ⁹ θώραξ, ακος, ὁ, breastplate. ¹⁰ ὑποδέω, put on my feet. ¹¹ ἐτοιμασία, ας, ἡ, readiness, preparation. ¹² θυρεός, οὔ, ὁ, shield, large shield. ¹³ βέλος, ους, τό, arrow, missile. ¹⁴ πυρόω, burn, am purified by fire. ¹⁵ σβέννυμι, quench, extinguish. ¹⁶ περικεφαλαία, ας, ἡ, helmet. ¹⁷ σωτήριος, saving, bringing salvation. ¹⁸ δεήσις, εως, ἡ, entreaty, prayer. ¹⁹ ἀγρυπνέω, sleepless, watchful. ²⁰ προσκαρτέρησις, εως, ἡ, perseverance, steadfastness. ²¹ ἀνοιξίς, εως, ἡ, opening, act of opening.

τοῦ εὐαγγελίου, ὑπὲρ οὗ πρεσβεύω¹ ἐν ἀλύσει,² ἵνα ἐν αὐτῷ παρρησιάσωμαι,³ 20

ὥς δεῖ με λαλῆσαι.

Ἵνα δὲ εἰδῆτε καὶ ὑμεῖς τὰ κατ' ἐμέ, τί πράσσω, πάντα ὑμῖν γνωρίσει Τυχικός⁴ ὁ 21

ἀγαπητὸς ἀδελφὸς καὶ πιστὸς διάκονος ἐν κυρίῳ· ὃν ἔπεμψα πρὸς ὑμᾶς εἰς 22

αὐτὸ τοῦτο, ἵνα γνῶτε τὰ περὶ ἡμῶν, καὶ παρακαλέση τὰς καρδίας ὑμῶν.

Εἰρήνη τοῖς ἀδελφοῖς καὶ ἀγάπη μετὰ πίστεως ἀπὸ θεοῦ πατρὸς καὶ κυρίου 23

Ἰησοῦ χριστοῦ. Ἡ χάρις μετὰ πάντων τῶν ἀγαπώντων τὸν κύριον ἡμῶν 24

Ἰησοῦν χριστὸν ἐν ἀφθαρσίᾳ.⁵ Ἀμήν.

¹πρεσβεύω, be an ambassador, am aged. ²ἀλυσις, εως, ἡ, chain. ³παρρησιάζομαι, speak freely or boldly, speak freely. ⁴Τυχικός, οὗ, ὁ, Tychicus. ⁵ἀφθαρσία, ας, ἡ, incorruptibility, immortality.