

Πρὸς Ἐφεσίους

Παῦλος, ἀπόστολος Ἰησοῦ χριστοῦ διὰ θελήματος θεοῦ, **1**

τοῖς ἁγίοις τοῖς οὖσιν ἐν 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 **3**

χριστοῦ, ὁ εὐλογήσας ἡμᾶς ἐν πάσῃ εὐλογίᾳ³

πνευματικῇ ἐν τοῖς ἐπουρανίοις⁴ ἐν χριστῷ: καθὼς **4**

ἐξελέξατο⁵ 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 δόξης τῆς χάριτος αὐτοῦ, ἐν ᾧ **6**

ἐχαρίτωσεν¹³ ἡμᾶς ἐν τῷ ἡγαπημένῳ: ἐν ᾧ ἔχομεν τὴν **7**

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

ἀπολύτρωσιν¹ διὰ τοῦ αἵματος αὐτοῦ, τὴν ἄφεσιν²
 τῶν παραπτωμάτων,³ κατὰ τὸν πλοῦτον⁴ τῆς χάριτος
 αὐτοῦ, ἧς ἐπερίσσευσεν εἰς ἡμᾶς ἐν πάσῃ σοφίᾳ καὶ 8
 φρονήσει,⁵ γνωρίσας ἡμῖν τὸ μυστήριον τοῦ 9
 θελήματος αὐτοῦ, κατὰ τὴν εὐδοκίαν⁶ αὐτοῦ, ἣν
 προέθετο⁷ ἐν αὐτῷ εἰς οἰκονομίαν⁸ τοῦ πληρώματος⁹ 10
 τῶν καιρῶν, ἀνακεφαλαιώσασθαι¹⁰ τὰ πάντα ἐν τῷ
 χριστῷ, τὰ ἐπὶ τοῖς οὐρανοῖς καὶ τὰ ἐπὶ τῆς γῆς· ἐν 11
 αὐτῷ, ἐν ᾧ καὶ ἐκληρώθημεν¹¹ προορισθέντες¹² κατὰ
 πρόθεσιν¹³ τοῦ τὰ πάντα ἐνεργοῦντος¹⁴ κατὰ τὴν
 βουλὴν¹⁵ τοῦ θελήματος αὐτοῦ, εἰς τὸ εἶναι ἡμᾶς εἰς 12
 ἔπαινον¹⁶ δόξης αὐτοῦ, τοὺς προηλπικότας¹⁷ ἐν τῷ
 χριστῷ· ἐν ᾧ καὶ ὑμεῖς, ἀκούσαντες τὸν λόγον τῆς 13
 ἀληθείας, τὸ εὐαγγέλιον τῆς σωτηρίας ὑμῶν, ἐν ᾧ καὶ
 πιστεύσαντες ἐσφραγίσθητε¹⁸ τῷ πνεύματι 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 πληρώμα, τος, τό, fullness, fulfillment. ¹⁰ ἀνακεφαλαιώω, 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.

ἐπαγγελίας τῷ ἁγίῳ, ὅς ἐστιν ἄρραβὼν¹ τῆς 14
 κληρονομίας² ἡμῶν, εἰς ἀπολύτρωσιν³ τῆς
 περιποιήσεως,⁴ εἰς ἔπαινον⁵ τῆς δόξης αὐτοῦ.

Διὰ τοῦτο καὶ γὰρ, ἀκούσας τὴν καθ' ὑμᾶς πίστιν ἐν τῷ 15
 κυρίῳ Ἰησοῦ καὶ τὴν ἀγάπην τὴν εἰς πάντας τοὺς
 ἁγίους, οὐ παύομαι⁶ εὐχαριστῶν ὑπὲρ ὑμῶν, μνησθῆν⁷ 16
 ὑμῶν ποιοῦμενος ἐπὶ τῶν προσευχῶν μου· ἵνα ὁ θεὸς 17
 τοῦ κυρίου ἡμῶν Ἰησοῦ χριστοῦ, ὁ πατὴρ τῆς δόξης,
 δώῃ ὑμῖν πνεῦμα σοφίας καὶ ἀποκαλύψεως,⁸ ἐν
 ἐπιγνώσει⁹ αὐτοῦ· πεφωτισμένους¹⁰ τοὺς ὀφθαλμοὺς 18
 τῆς καρδίας ὑμῶν, εἰς τὸ εἰδέναι ὑμᾶς τίς ἐστιν ἡ
 ἐλπίς τῆς κλήσεως¹¹ αὐτοῦ, καὶ τίς ὁ πλοῦτος¹² τῆς
 δόξης τῆς κληρονομίας² αὐτοῦ ἐν τοῖς ἁγίοις, καὶ τί τὸ 19
 ὑπερβάλλον¹³ μέγεθος¹⁴ τῆς δυνάμεως αὐτοῦ εἰς ἡμᾶς
 τοὺς πιστεύοντας, κατὰ τὴν ἐνέργειαν¹⁵ τοῦ κράτους¹⁶

¹ ἄρραβὼν, ὄνος, ὁ, earnest, pledge. ² κληρονομία, ας, ἡ, inheritance. ³ ἀπολύτρωσις, εως, ἡ, redemption, deliverance.

⁴ περιποίησις, εως, ἡ, preservation, acquisition. ⁵ ἔπαινος, ου, ὁ, praise, commendation. ⁶ παύω, cause to cease. ⁷ μνησθῆναι, ας, ἡ, remembrance, mention. ⁸ ἀποκάλυψις, εως, ἡ, revelation, unveiling. ⁹ ἐπίγνωσις, εως, ἡ, knowledge, discernment. ¹⁰ φωτίζω, give light, enlighten. ¹¹ κλήσις, εως, ἡ, (divine) call, invitation. ¹² πλοῦτος, ου, ὁ, wealth, riches. ¹³ ὑπερβάλλω, go beyond, surpass. ¹⁴ μέγεθος, ους, τό, size, greatness. ¹⁵ ἐνέργεια, ας, ἡ, operative power, working. ¹⁶ κράτος, ους, τό, power, dominion.

τῆς ἰσχύος¹ αὐτοῦ ἣν ἐνήργησεν² ἐν τῷ χριστῷ, 20
 ἐγείρας αὐτὸν ἐκ τῶν νεκρῶν, καὶ ἐκάθισεν ἐν δεξιᾷ
 αὐτοῦ ἐν τοῖς ἐπουρανίοις,³ ὑπεράνω⁴ πάσης ἀρχῆς καὶ 21
 ἐξουσίας καὶ δυνάμεως καὶ κυριότητος,⁵ καὶ παντὸς
 ὀνόματος ὀνομαζομένου⁶ οὐ μόνον ἐν τῷ αἰῶνι τούτῳ,
 ἀλλὰ καὶ ἐν τῷ μέλλοντι· καὶ πάντα ὑπέταξεν ὑπὸ 22
 τοὺς πόδας αὐτοῦ, καὶ αὐτὸν ἔδωκεν κεφαλὴν ὑπὲρ
 πάντα τῇ ἐκκλησίᾳ, ἣτις ἐστὶν τὸ σῶμα αὐτοῦ, τὸ 23
 πλήρωμα⁷ τοῦ τὰ πάντα ἐν πᾶσιν πληρουμένου.

Καὶ ὑμᾶς ὄντας νεκροὺς τοῖς παραπτώμασιν⁸ καὶ ταῖς 2
 ἁμαρτίαις, ἐν αἷς ποτὲ περιεπατήσατε κατὰ τὸν αἰῶνα 2
 τοῦ κόσμου τούτου, κατὰ τὸν ἄρχοντα τῆς ἐξουσίας
 τοῦ ἀέρος,⁹ τοῦ πνεύματος τοῦ νῦν ἐνεργοῦντος² ἐν
 τοῖς υἱοῖς τῆς ἀπειθείας¹⁰ ἐν οἷς καὶ ἡμεῖς πάντες 3
 ἀνεστράφημεν¹¹ ποτε ἐν ταῖς ἐπιθυμίαις τῆς σαρκὸς

¹ ἰσχύς, ὕος, ἡ, strength, power. ² ἐνεργέω, work, effect. ³ ἐπουράνιος, heavenly, celestial. ⁴ ὑπεράνω, high above (gen), far above. ⁵ κυριότης, ἡ, lordship, dominion. ⁶ ὀνομάζω, name, give a name to. ⁷ πλήρωμα, τὸς, τό, fullness, fulfillment. ⁸ παράπτωμα, τὸς, τό, trespass, falling away. ⁹ ἀήρ, ὅς, ὁ, air. ¹⁰ ἀπείθεια, ας, ἡ, disobedience, willful unbelief. ¹¹ ἀναστρέφω, return, live.

ἡμῶν, ποιοῦντες τὰ θελήματα τῆς σαρκὸς καὶ τῶν
 διανοιῶν,¹ καὶ ἡμεν τέκνα φύσει² ὀργῆς, ὥς καὶ οἱ
 λοιποί: ὁ δὲ θεός, πλούσιος ὢν ἐν ἐλέει, διὰ τὴν 4
 πολλὴν ἀγάπην αὐτοῦ ἣν ἡγάπησεν ἡμᾶς, καὶ ὄντας 5
 ἡμᾶς νεκροὺς τοῖς παραπτώμασιν³ συνεζωοποίησεν⁴
 τῷ χριστῷ – χάριτί ἐστε σεσωσμένοι – καὶ 6
 συνήγειρεν,⁵ καὶ συνεκάθισεν⁶ ἐν τοῖς ἐπουρανίοις⁷ ἐν
 χριστῷ Ἰησοῦ: ἵνα ἐνδείξηται⁸ ἐν τοῖς αἰῶσιν τοῖς 7
 ἐπερχομένοις⁹ τὸν ὑπερβάλλοντα¹⁰ πλοῦτον¹¹ τῆς
 χάριτος αὐτοῦ ἐν χρηστότητι¹² ἐφ' ἡμᾶς ἐν χριστῷ
 Ἰησοῦ: τῇ γὰρ χάριτί ἐστε σεσωσμένοι διὰ τῆς 8
 πίστεως, καὶ τοῦτο οὐκ ἐξ ὑμῶν: θεοῦ τὸ δῶρον:¹³ οὐκ 9
 ἐξ ἔργων, ἵνα μὴ τις καυχῆσθαι. Αὐτοῦ γάρ ἐσμεν 10
 ποίημα,¹⁴ κτισθέντες¹⁵ ἐν χριστῷ Ἰησοῦ ἐπὶ ἔργοις
 ἀγαθοῖς, οἷς προητοίμασεν¹⁶ ὁ θεός, ἵνα ἐν αὐτοῖς

¹ διάνοια, ας, ἡ, mind, understanding. ² φύσις, εως, ἡ, nature, inherent nature. ³ παράπτωμα, τος, τό, trespass, falling away. ⁴ συζωοποιέω, make alive together with someone. ⁵ συνεγείρω, raise up with, raise along with. ⁶ συγκαθίζω, cause to sit down together. ⁷ ἐπουράνιος, heavenly, celestial. ⁸ ἐνδείκνυμι, show forth, show. ⁹ ἐπερχομαι, come to or upon, approach. ¹⁰ ὑπερβάλλω, go beyond, surpass. ¹¹ πλοῦτος, ου, ὁ, wealth, riches. ¹² χρηστότης, ητος, ἡ, goodness, kindness. ¹³ δῶρον, ου, τό, gift, present. ¹⁴ ποίημα, τος, τό, work, creation. ¹⁵ κτίζω, create, form. ¹⁶ προετοιμάζω, prepare beforehand, predestine.

περιπατήσωμεν.

Διὸ μνημονεύετε¹ ὅτι ὑμεῖς ποτὲ τὰ ἔθνη ἐν σαρκί, οἱ 11
 λεγόμενοι ἀκροβυστία² ὑπὸ τῆς λεγομένης περιτομῆς
 ἐν σαρκὶ χειροποιήτου,³ ὅτι ἦτε ἐν τῷ καιρῷ ἐκεῖνῳ 12
 χωρὶς χριστοῦ, ἀπηλλοτριωμένοι⁴ τῆς πολιτείας⁵ τοῦ
 Ἰσραήλ, καὶ ξένοι⁶ τῶν διαθηκῶν τῆς ἐπαγγελίας,
 ἐλπίδα μὴ ἔχοντες, καὶ ἄθεοι⁷ ἐν τῷ κόσμῳ. Νυνὶ⁸ δὲ 13
 ἐν χριστῷ Ἰησοῦ ὑμεῖς οἱ ποτὲ ὄντες μακρὰν⁹ ἐγγύς
 ἐγενήθητε ἐν τῷ αἵματι τοῦ χριστοῦ. Αὐτὸς γάρ ἐστιν 14
 ἡ εἰρήνη ἡμῶν, ὁ ποιήσας τὰ ἀμφότερα¹⁰ ἓν, καὶ τὸ
 μεσότοιχον¹¹ τοῦ φραγμοῦ¹² λύσας, τὴν ἔχθραν¹³ ἐν τῇ 15
 σαρκὶ αὐτοῦ, τὸν νόμον τῶν ἐντολῶν ἐν δόγμασιν,¹⁴
 καταργήσας: ἵνα τοὺς δύο κτίσῃ¹⁵ ἐν ἑαυτῷ εἰς ἓνα
 καινὸν ἄνθρωπον, ποιῶν εἰρήνην, καὶ ἀποκαταλλάξῃ 16
 τοὺς ἀμφοτέρους¹⁰ ἐν ἐνὶ σώματι τῷ θεῷ διὰ τοῦ

¹ μνημονεύω, remember, make mention of. ² ἀκροβυστία, ας, ἡ, uncircumcision, foreskin. ³ χειροποίητος, made by hand, done or made with hands. ⁴ ἀπαλλοτριόμαι, alienate, estrange. ⁵ πολιτεία, ας, ἡ, citizenship, citizen body. ⁶ ξένος, strange, stranger. ⁷ ἄθεος, without God, godless. ⁸ νυνί, now, already. ⁹ μακρὰν, far away. ¹⁰ ἀμφοτέροι, both, both of two. ¹¹ μεσότοιχον, ου, τό, middle wall, dividing wall. ¹² φραγμός, οὔ, ὁ, wall, fence. ¹³ ἔχθρα, ας, ἡ, enmity, hostility. ¹⁴ δόγμα, τος, τό, a public decree, ordinance. ¹⁵ κτίζω, create, form. ¹⁶ ἀποκαταλλάσσω, reconcile.

σταυροῦ, ἀποκτείνας τὴν ἔχθραν¹ ἐν αὐτῷ: καὶ ἔλθων 17
 εὐηγγελίσατο εἰρήνην ὑμῖν τοῖς μακρὰν² καὶ τοῖς
 ἐγγύς: ὅτι δι' αὐτοῦ ἔχομεν τὴν προσαγωγὴν³ οἱ 18
 ἀμφότεροι⁴ ἐν ἐνὶ πνεύματι πρὸς τὸν πατέρα. Ἄρα οὖν 19
 οὐκέτι ἐστὲ ξένοι⁵ καὶ πάροικοι,⁶ ἀλλὰ συμπολίται⁷
 τῶν ἁγίων καὶ οἰκεῖοι⁸ τοῦ θεοῦ, ἐποικοδομηθέντες⁹ 20
 ἐπὶ τῷ θεμελίῳ¹⁰ τῶν ἀποστόλων καὶ προφητῶν,
 ὄντος ἀκρογωνιαίου¹¹ αὐτοῦ Ἰησοῦ χριστοῦ, ἐν ᾧ 21
 πᾶσα οἰκοδομὴ¹² συναρμολογουμένη¹³ αὖξει¹⁴ εἰς ναὸν
 ἅγιον ἐν κυρίῳ, ἐν ᾧ καὶ ὑμεῖς συνοικοδομεῖσθε¹⁵ εἰς 22
 κατοικητήριον¹⁶ τοῦ θεοῦ ἐν πνεύματι.

Τούτου χάριν¹⁷ ἐγὼ Παῦλος ὁ δέσμιος¹⁸ τοῦ χριστοῦ 3

Ἰησοῦ ὑπὲρ ὑμῶν τῶν ἐθνῶν, εἶγε¹⁹ ἡκούσατε τὴν 2
 οἰκονομίαν²⁰ τῆς χάριτος τοῦ θεοῦ τῆς δοθείσης μοι εἰς

¹ ἔχθρα, ας, ἡ, enmity, hostility. ² μακρὰν, far away. ³ προσαγωγὴ, ἡς, ἡ, access, approach. ⁴ ἀμφότεροι, both, both of two. ⁵ ξένος, strange, stranger. ⁶ πάροικος, ου, ὁ, alien, stranger. ⁷ συμπολίτης, ου, ὁ, fellow citizen. ⁸ οἰκεῖος, ου, ὁ, household, members of the household. ⁹ ἐποικοδομέω, build upon, build upon a foundation. ¹⁰ θεμελίος, ου, ὁ, foundation. ¹¹ ἀκρογωνιαίος, corner, cornerstone. ¹² οἰκοδομή, ἡς, ἡ, building, edification. ¹³ συναρμολογέω, fit together. ¹⁴ αὖξανω, cause to grow, increase. ¹⁵ συνοικοδομέω, build up together. ¹⁶ κατοικητήριον, ου, τό, dwelling, dwelling-place. ¹⁷ χάριν, in favor of, for the pleasure of. ¹⁸ δέσμιος, ου, ὁ, prisoner, one bound. ¹⁹ εἶγε, if indeed, seeing that. ²⁰ οἰκονομία, ας, ἡ, stewardship, administration.

ὑμᾶς, ὅτι κατὰ ἀποκάλυψιν¹ ἐγνώρισέν² μοι τὸ 3
 μυστήριον, καθὼς προέγραψα³ ἐν ὀλίγῳ, πρὸς ὃ 4
 δύνασθε ἀναγινώσκοντες νοῆσαι⁴ τὴν σύνεσίν⁵ μου ἐν
 τῷ μυστηρίῳ τοῦ χριστοῦ· ὃ ἑτέραις γενεαῖς οὐκ 5
 ἐγνώρισθη τοῖς υἱοῖς τῶν ἀνθρώπων, ὡς νῦν
 ἀπεκαλύφθη τοῖς ἁγίοις ἀποστόλοις αὐτοῦ καὶ
 προφῆταις ἐν πνεύματι· εἶναι τὰ ἔθνη συγκληρονόμα⁶ 6
 καὶ σύσσωμα⁷ καὶ συμμετοχα⁸ τῆς ἐπαγγελίας αὐτοῦ
 ἐν τῷ χριστῷ, διὰ τοῦ εὐαγγελίου, οὗ ἐγενόμην 7
 διάκονος κατὰ τὴν δωρεάν⁹ τῆς χάριτος τοῦ θεοῦ, τὴν
 δοθεῖσάν μοι κατὰ τὴν ἐνέργειαν¹⁰ τῆς δυνάμεως
 αὐτοῦ. Ἐμοὶ τῷ ἐλαχιστοτέρῳ¹¹ πάντων ἁγίων ἐδόθη 8
 ἡ χάρις αὕτη, ἐν τοῖς ἔθνεσιν εὐαγγελίσασθαι τὸν
 ἀνεξίχνιαστον¹² πλοῦτον¹³ τοῦ χριστοῦ, καὶ φωτίσαι¹⁴ 9
 πάντας τίς ἡ οἰκονομία¹⁵ τοῦ μυστηρίου τοῦ

¹ ἀποκάλυψις, εως, ἡ, revelation, unveiling. ² γνωρίζω, make known, declare. ³ προγράφω, write before, write previously. ⁴ νοέω, understand, consider. ⁵ σύνεσις, εως, ἡ, understanding, insight. ⁶ συγκληρονόμος, fellow heir, joint heir. ⁷ σύσσωμος, of the same body. ⁸ συμμετέτοχος, sharing with, partaking with. ⁹ δωρεά, ἄς, ἡ, gift, free gift. ¹⁰ ἐνέργεια, ἄς, ἡ, operative power, working. ¹¹ ἐλαχιστότερος, smallest, least important. ¹² ἀνεξίχνιαστος, inscrutable, incomprehensible. ¹³ πλοῦτος, ου, ὁ, wealth, riches. ¹⁴ φωτίζω, give light, enlighten. ¹⁵ οἰκονομία, ἄς, ἡ, stewardship, administration.

ἀποκεκρυμμένου¹ ἀπὸ τῶν αἰώνων ἐν τῷ θεῷ τῷ τὰ
 πάντα κτίσαντι² διὰ Ἰησοῦ χριστοῦ, ἵνα γνωρισθῇ νῦν 10
 ταῖς ἀρχαῖς καὶ ταῖς ἐξουσίαις ἐν τοῖς ἐπουρανίοις³ διὰ
 τῆς ἐκκλησίας ἡ πολυποίκιλος⁴ σοφία τοῦ θεοῦ, κατὰ 11
 πρόθεσιν⁵ τῶν αἰώνων ἣν ἐποίησεν ἐν χριστῷ Ἰησοῦ
 τῷ κυρίῳ ἡμῶν: ἐν ᾧ ἔχομεν τὴν παρρησίαν καὶ τὴν 12
 προσαγωγὴν⁶ ἐν πεποιθήσει⁷ διὰ τῆς πίστεως αὐτοῦ. 13
 Διὸ αἰτοῦμαι μὴ ἐκκακεῖν⁸ ἐν ταῖς θλίψεσίν μου ὑπὲρ
 ὑμῶν, ἥτις ἐστὶν δόξα ὑμῶν.

Τούτου χάριν⁹ κάμπτω¹⁰ τὰ γόνατά¹¹ μου πρὸς τὸν 14
 πατέρα τοῦ κυρίου ἡμῶν Ἰησοῦ χριστοῦ, ἐξ οὗ πᾶσα 15
 πατριὰ¹² ἐν οὐρανοῖς καὶ ἐπὶ γῆς ὀνομάζεται,¹³ ἵνα δάῃ 16
 ὑμῖν, κατὰ τὸν πλοῦτον¹⁴ τῆς δόξης αὐτοῦ, δυνάμει
 κραταιωθῇναι¹⁵ διὰ τοῦ πνεύματος αὐτοῦ εἰς τὸν ἔσω¹⁶
 ἄνθρωπον, κατοικῆσαι τὸν χριστὸν διὰ τῆς πίστεως 17

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

ἐν ταῖς καρδίαις ὑμῶν: ἐν ἀγάπῃ ἐρριζωμένοι¹ καὶ 18
 θεμελιωμένοι² ἵνα ἐξισχύσητε³ καταλαβέσθαι⁴ σὺν
 πᾶσιν τοῖς ἁγίοις τί τὸ πλάτος⁵ καὶ μήκος⁶ καὶ βάθος⁷
 καὶ ὕψος,⁸ γινῶναι τε τὴν ὑπερβάλλουσαν⁹ τῆς 19
 γνώσεως ἀγάπην τοῦ χριστοῦ, ἵνα πληρωθῇτε εἰς πᾶν
 τὸ πλήρωμα¹⁰ τοῦ θεοῦ.

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

Παρακαλῶ οὖν ὑμᾶς ἐγώ, ὁ δέσμιος¹³ ἐν κυρίῳ, ἀξίως¹⁴ 4
 περιπατῆσαι τῆς κλήσεως¹⁵ ἧς ἐκλήθητε, μετὰ πάσης 2
 ταπεινοφροσύνης¹⁶ καὶ πραότητος,¹⁷ μετὰ

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, τοῦς, τό, fullness, fulfillment. ¹¹ νοέω, understand, consider. ¹² ἐνεργέω, work, effect. ¹³ δέσμιος, οὗς, ὁ, prisoner, one bound. ¹⁴ ἀξίως, worthily, in a manner worthy of. ¹⁵ κλήσις, εὐς, ἡ, (divine) call, invitation. ¹⁶ ταπεινοφροσύνη, ης, ἡ, lowliness of mind, humility. ¹⁷ πραΰτης, mildness, gentleness.

μακροθυμίας,¹ ἀνεχόμενοι² ἀλλήλων ἐν ἀγάπῃ, ³
 σπουδάζοντες³ τηρεῖν τὴν ἐνότητα⁴ τοῦ πνεύματος ἐν
 τῷ συνδέσμῳ⁵ τῆς εἰρήνης. Ἐν σῶμα καὶ ἐν πνεύμα, ⁴
 καθὼς καὶ ἐκλήθητε ἐν μιᾷ ἐλπίδι τῆς κλήσεως⁶ ὑμῶν:
 εἷς κύριος, μία πίστις, ἐν βάπτισμα,⁷ εἷς θεὸς καὶ ⁵
 πατὴρ πάντων, ὁ ἐπὶ πάντων, καὶ διὰ πάντων, καὶ ἐν
 πᾶσιν ἡμῖν. Ἐνὶ δὲ ἐκάστῳ ἡμῶν ἐδόθη ἡ χάρις κατὰ ⁷
 τὸ μέτρον⁸ τῆς δωρεᾶς⁹ τοῦ χριστοῦ. Διὸ λέγει, ⁸
 Ἀναβὰς εἰς ὕψος¹⁰ ἠχμαλώτευσεν¹¹ αἰχμαλωσίαν,¹²
 καὶ ἔδωκεν δόματα¹³ τοῖς ἀνθρώποις. Τὸ δέ, Ἀνέβη, τί ⁹
 ἐστὶν εἰ μὴ ὅτι καὶ κατέβη πρῶτον εἰς τὰ κατώτερα¹⁴
 μέρη τῆς γῆς; Ὁ καταβὰς, αὐτὸς ἐστὶν καὶ ὁ ἀναβὰς ¹⁰
 ὑπεράνω¹⁵ πάντων τῶν οὐρανῶν, ἵνα πληρώσῃ τὰ
 πάντα. Καὶ αὐτὸς ἔδωκεν τοὺς μὲν ἀποστόλους, τοὺς ¹¹
 δὲ προφήτας, τοὺς δὲ εὐαγγελιστάς,¹⁶ τοὺς δὲ

¹ μακροθυμία, ας, ἡ, long-suffering, patience. ² ἀνεχόμεναι, endure, bear with. ³ σπουδάζω, hasten, be eager. ⁴ ἐνότης, ἡ, oneness, unity. ⁵ σύνδεσμος, ου, ὁ, bond, fetter. ⁶ κλήσις, εως, ἡ, (divine) call, invitation. ⁷ βάπτισμα, τοσ, τό, baptism, rite or ceremony of baptism. ⁸ μέτρον, ου, τό, measure, measuring rod. ⁹ δωρεά, ας, ἡ, gift, free gift. ¹⁰ ὕψος, ους, τό, height, heaven. ¹¹ αἰχμαλωτεύω, capture, lead captive. ¹² αἰχμαλωσία, ας, ἡ, captivity, host of captives. ¹³ δόμα, τοσ, τό, present, gift. ¹⁴ κατώτερος, lower. ¹⁵ ὑπεράνω, high above (gen), far above. ¹⁶ εὐαγγελιστής, οῦ, ὁ, evangelist, bringer of good tidings.

ποιμένας¹ καὶ διδασκάλους, πρὸς τὸν καταρτισμὸν² 12
 τῶν ἁγίων, εἰς ἔργον διακονίας, εἰς οἰκοδομήν³ τοῦ
 σώματος τοῦ χριστοῦ: μέχρι⁴ καταντήσωμεν⁵ οἱ 13
 πάντες εἰς τὴν ἐνότητα⁶ τῆς πίστεως καὶ τῆς
 ἐπιγνώσεως⁷ τοῦ υἱοῦ τοῦ θεοῦ, εἰς ἄνδρα τέλειον,⁸ εἰς
 μέτρον⁹ ἡλικίας¹⁰ τοῦ πληρώματος¹¹ τοῦ χριστοῦ: ἵνα 14
 μηκέτι¹² ὤμεν νήπιοι,¹³ κλυδωνιζόμενοι¹⁴ καὶ
 περιφερόμενοι¹⁵ παντὶ ἀνέμῳ τῆς διδασκαλίας,¹⁶ ἐν τῇ
 κυβείᾳ¹⁷ τῶν ἀνθρώπων, ἐν πανουργίᾳ¹⁸ πρὸς τὴν
 μεθοδείαν¹⁹ τῆς πλάνης: ²⁰ ἀληθεύοντες²¹ δὲ ἐν ἀγάπῃ 15
 αὐξήσωμεν²² εἰς αὐτὸν τὰ πάντα, ὅς ἐστιν ἡ κεφαλὴ, ὁ
 χριστός, ἐξ οὗ πᾶν τὸ σῶμα συναρμολογούμενον²³ 16
 καὶ συμβιβασόμενον²⁴ διὰ πάσης ἀφῆς²⁵ τῆς
 ἐπιχορηγίας,²⁶ κατ' ἐνέργειαν²⁷ ἐν μέτρῳ⁹ ἐνὸς ἐκάστου

¹ ποιμήν, ἑνος, ὁ, shepherd. ² καταρτισμός, οὗ, ὁ, equipment, equipping. ³ οἰκοδομή, ἥς, ἡ, building, edification. ⁴ μέχρι, until, as far as (gen). ⁵ καταντάω, come to, arrive. ⁶ ἐνότης, ἡτος, ἡ, oneness, unity. ⁷ ἐπίγνωσις, εως, ἡ, knowledge, discernment. ⁸ τέλειος, complete, perfect. ⁹ μέτρον, ου, τό, measure, measuring rod. ¹⁰ ἡλικία, ας, ἡ, maturity, age. ¹¹ πλήρωμα, τος, τό, fullness, fulfillment. ¹² μηκέτι, no longer. ¹³ νήπιος, infant, child. ¹⁴ κλυδωνίζομαι, be tossed here and there by waves. ¹⁵ περιφέρω, carry about, carry around. ¹⁶ διδασκαλία, ας, ἡ, teaching, doctrine. ¹⁷ κυβεία, ας, ἡ, craftiness, trickery. ¹⁸ πανουργία, ας, ἡ, cleverness, craftiness. Trickery. ¹⁹ μεθοδεία, ας, ἡ, scheming, craftiness. ²⁰ πλάνη, ης, ἡ, wandering, error. ²¹ ἀληθεύω, speak the truth, say. ²² αὐξάνω, cause to grow, increase. ²³ συναρμολογέω, fit together. ²⁴ συμβιβάζω, hold together, instruct. ²⁵ ἀφή, ἥς, ἡ, joint, band. ²⁶ ἐπιχορηγία, ας, ἡ, assistance, provision. ²⁷ ἐνέργεια, ας, ἡ, operative power, working.

μέρους, τὴν αὕξησιν¹ τοῦ σώματος ποιεῖται εἰς
οἰκοδομὴν² ἑαυτοῦ ἐν ἀγάπῃ.

Τοῦτο οὖν λέγω καὶ μαρτύρομαι³ ἐν κυρίῳ, μηκέτι⁴ 17

ὑμᾶς περιπατεῖν, καθὼς καὶ τὰ λοιπὰ ἔθνη περιπατεῖ

ἐν ματαιότητι⁵ τοῦ νοῦς⁶ αὐτῶν, ἐσκοτισμένοι⁷ τῇ 18

διανοίᾳ,⁸ ὄντες ἀπηλλοτριωμένοι⁹ τῆς ζωῆς τοῦ θεοῦ

διὰ τὴν ἄγνοιαν¹⁰ τὴν οὖσαν ἐν αὐτοῖς, διὰ τὴν

πώρωσιν¹¹ τῆς καρδίας αὐτῶν: οὔτινες ἀπηλγηκότες¹² 19

ἑαυτοὺς παρέδωκαν τῇ ἀσελγείᾳ,¹³ εἰς ἐργασίαν¹⁴

ἀκαθαρσίας¹⁵ πάσης ἐν πλεονεξίᾳ.¹⁶ Ὑμεῖς δὲ οὐχ 20

οὕτως ἐμάθετε τὸν χριστόν, εἴγε¹⁷ αὐτὸν ἠκούσατε καὶ 21

ἐν αὐτῷ ἐδιδάχθητε, καθὼς ἐστὶν ἀλήθεια ἐν τῷ

Ἰησοῦ: ἀποθέσθαι¹⁸ ὑμᾶς, κατὰ τὴν προτέραν¹⁹ 22

ἀναστροφὴν,²⁰ τὸν παλαιὸν²¹ ἄνθρωπον, τὸν

¹ αὕξησις, εὐωξή, growth, increase. ² οἰκοδομή, ἡσ, ἡ, building, edification. ³ μαρτύρομαι, affirm, testify. ⁴ μηκέτι, no longer. ⁵ ματαιότης, ἡτος, ἡ, vanity, emptiness. ⁶ νοῦς, ὁ, mind, reasoning faculty. ⁷ σκοτίζω, darken. ⁸ διάνοια, ας, ἡ, mind, understanding. ⁹ ἀπαλλοτριόμαι, alienate, estrange. ¹⁰ ἄγνοια, ας, ἡ, ignorance. ¹¹ πώρωσις, εὐωξή, hardness, obstinacy. ¹² ἀπαλγέω, become callous, dead to feeling. ¹³ ἀσελγεία, ας, ἡ, licentiousness, debauchery.

¹⁴ ἐργασία, ας, ἡ, profit, business. ¹⁵ ἀκαθαρσία, ας, ἡ, uncleanness, impurity. ¹⁶ πλεονεξία, ας, ἡ, covetousness, avarice. ¹⁷ εἴγε, if indeed, seeing that. ¹⁸ ἀποτίθημι, put off, lay aside. ¹⁹ πρότερον, formerly, before. ²⁰ ἀναστροφή, ἡς, ἡ, conduct, behavior. ²¹ παλαιός, old, ancient.

φθειρόμενον¹ κατὰ τὰς ἐπιθυμίας τῆς ἀπάτης·² 23

ἀνανεοῦσθαι³ δὲ τῷ πνεύματι τοῦ νοῦς⁴ ὑμῶν, καὶ 24

ἐνδύσασθαι τὸν καινὸν ἄνθρωπον, τὸν κατὰ θεὸν

κτισθέντα⁵ ἐν δικαιοσύνῃ καὶ ὁσιότητι⁶ τῆς ἀληθείας.

Διὸ ἀποθέμενοι⁷ τὸ ψεῦδος⁸ λαλεῖτε ἀλήθειαν ἕκαστος 25

μετὰ τοῦ πλησίον⁹ αὐτοῦ· ὅτι ἐσμὲν ἀλλήλων μέλη. 26

Ὅργιζεσθε¹⁰ καὶ μὴ ἁμαρτάνετε· ὁ ἥλιος μὴ ἐπιδυέτω

ἐπὶ τῷ παροργισμῷ¹² ὑμῶν· μηδὲ δίδοτε τόπον τῷ 27

διαβόλῳ. Ὁ κλέπτων¹³ μηκέτι¹⁴ κλεπτέτω·¹³ μάλλον 28

δὲ κοπιάτω,¹⁵ ἐργαζόμενος τὸ ἀγαθὸν ταῖς χερσίν, ἵνα

ἔχῃ μεταδιδόναι¹⁶ τῷ χρεῖαν ἔχοντι. Πᾶς λόγος 29

σαπρὸς¹⁷ ἐκ τοῦ στόματος ὑμῶν μὴ ἐκπορευέσθω,

ἀλλ' εἴ τις ἀγαθὸς πρὸς οἰκοδομὴν¹⁸ τῆς χρείας, ἵνα δῶ

χάριν τοῖς ἀκούουσιν. Καὶ μὴ λυπεῖτε τὸ πνεῦμα τὸ 30

ἅγιον τοῦ θεοῦ, ἐν ᾧ ἐσφραγίσθητε¹⁹ εἰς ἡμέραν

¹ φθειρώ, destroy, corrupt. ² ἀπάτη, ης, ἡ, deceit, deceitfulness. ³ ἀνανεώω, renew, become young again. ⁴ νοῦς, ὁ, mind, reasoning faculty. ⁵ κτίζω, create, form. ⁶ ὁσιότης, ητος, ἡ, piety, holiness. ⁷ ἀποτίθηναι, put off, lay aside. ⁸ ψεῦδος, οὗς, τό, lie. ⁹ πλησίον, near, neighbor (as a noun). ¹⁰ ὀργίζω, irritate, provoke. ¹¹ ἐπιδύω, set, go down. ¹² παροργισμός, οὗ, ὁ, irritation, anger. ¹³ κλέπτω, steal. ¹⁴ μηκέτι, no longer. ¹⁵ κοπιάω, toil, labor. ¹⁶ μεταδίδωμι, give a share of, share. ¹⁷ σαπρός, rotten, worthless. ¹⁸ οἰκοδομή, ἧς, ἡ, building, edification. ¹⁹ σφραγίζω, seal, set a seal upon.

ἀπολυτρώσεως.¹ Πᾶσα πικρία² καὶ θυμὸς³ καὶ ὀργή 31

καὶ κραυγή⁴ καὶ βλασφημία⁵ ἀρθήτω ἀφ' ὑμῶν, σὺν

πάσῃ κακίᾳ·⁶ γίνεσθε δὲ εἰς ἀλλήλους χρηστοί,⁷ 32

εὖσπλαγχοι,⁸ χαριζόμενοι⁹ ἑαυτοῖς, καθὼς καὶ ὁ θεὸς

ἐν χριστῷ ἐχαρίσατο⁹ ἡμῖν.

Γίνεσθε οὖν μιμηταὶ¹⁰ τοῦ θεοῦ, ὡς τέκνα ἀγαπητά: καὶ 5

περιπατεῖτε ἐν ἀγάπῃ, καθὼς καὶ ὁ χριστὸς ἠγάπησεν

ἡμᾶς, καὶ παρέδωκεν ἑαυτὸν ὑπὲρ ἡμῶν προσφορὰν¹¹

καὶ θυσίαν τῷ θεῷ εἰς ὁσμὴν¹² εὐωδίας.¹³ Πορνεία δὲ 3

καὶ πᾶσα ἀκαθαρσία¹⁴ ἢ πλεονεξία¹⁵ μηδὲ ὀνομαζέσθω

ἐν ὑμῖν, καθὼς πρέπει¹⁷ ἀγίοις: καὶ αἰσχρότης,¹⁸ καὶ 4

μωρολογία,¹⁹ ἢ εὐτραπελία,²⁰ τὰ οὐκ ἀνήκοντα: ²¹ἀλλὰ

μᾶλλον εὐχαριστία.²² Τοῦτο γάρ ἐστε γινώσκοντες, 5

ὅτι πᾶς πόρνος,²³ ἢ ἀκάθαρτος, ἢ πλεονέκτης,²⁴ ὃς

¹ ἀπολυτρώσις, εὐω, ἡ, redemption, deliverance. ² πικρία, ας, ἡ, bitterness. ³ θυμὸς, ου, ὁ, wrath, outburst of passion. ⁴ κραυγή, ἡς, ἡ, outcry, crying. ⁵ βλασφημία, ας, ἡ, blasphemy, reproach. ⁶ κακία, ας, ἡ, malice, evil. ⁷ χρηστός, good, kind. ⁸ εὖσπλαγχνος, tender-hearted, merciful. ⁹ χαρίζομαι, give freely, forgive. ¹⁰ μιμητής, ου, ὁ, imitator. ¹¹ προσφορά, ας, ἡ, offering, sacrifice. ¹² ὁσμή, ἡς, ἡ, smell, aroma. ¹³ εὐωδία, ας, ἡ, fragrance, sweet smell. ¹⁴ ἀκαθαρσία, ας, ἡ, uncleanness, impurity. ¹⁵ πλεονεξία, ας, ἡ, covetousness, avarice. ¹⁶ ὀνομάζω, name, give a name to. ¹⁷ πρέπω, be clearly seen, be fitting. ¹⁸ αἰσχρότης, ητος, ἡ, shamefulfulness, obscenity. ¹⁹ μωρολογία, ας, ἡ, foolish or silly talk. ²⁰ εὐτραπελία, ας, ἡ, coarse jesting, low jesting. ²¹ ἀνήκω, be fit, be proper. ²² εὐχαριστία, ας, ἡ, thanksgiving, thankfulness. ²³ πόρνος, ου, ὁ, fornicator, immoral person. ²⁴ πλεονέκτης, ου, ὁ, covetous or greedy person.

ἐστιν εἰδωλολάτρης,¹ οὐκ ἔχει κληρονομίαν² ἐν τῇ
 βασιλείᾳ τοῦ χριστοῦ καὶ θεοῦ. Μηδεὶς ὑμᾶς 6
 ἀπατάτω³ κενοῖς⁴ λόγοις: διὰ ταῦτα γὰρ ἔρχεται ἡ
 ὀργὴ τοῦ θεοῦ ἐπὶ τοὺς υἱοὺς τῆς ἀπειθείας.⁵ Μὴ οὖν 7
 γίνεσθε συμμέτοχοι⁶ αὐτῶν: ἥτε γὰρ ποτε σκότος, νῦν 8
 δὲ φῶς ἐν κυρίῳ: ὡς τέκνα φωτὸς περιπατεῖτε – ὁ γὰρ 9
 καρπὸς τοῦ πνεύματος ἐν πάσῃ ἀγαθωσύνῃ⁷ καὶ
 δικαιοσύνῃ καὶ ἀληθείᾳ – δοκιμάζοντες⁸ τί ἐστιν 10
 εὐάρεστον⁹ τῷ κυρίῳ: καὶ μὴ συγκοινωνεῖτε¹⁰ τοῖς 11
 ἔργοις τοῖς ἀκάρποις¹¹ τοῦ σκότους, μᾶλλον δὲ καὶ
 ἐλέγχετε:¹² τὰ γὰρ κρυφῇ¹³ γινόμενα ὑπ’ αὐτῶν 12
 αἰσχρόν¹⁴ ἐστιν καὶ λέγειν. Τὰ δὲ πάντα ἐλεγχόμενα¹² 13
 ὑπὸ τοῦ φωτὸς φανεροῦται: πᾶν γὰρ τὸ φανερούμενον
 φῶς ἐστίν. Διὸ λέγει, Ὑγειρε ὁ καθεύδων¹⁵ καὶ 14
 ἀνάστα ἐκ τῶν νεκρῶν, καὶ ἐπιφάσει¹⁶ σοι ὁ χριστός.

¹ εἰδωλολάτρης, ου, ὁ, image worshiper, idolater. ² κληρονομία, ας, ἡ, inheritance. ³ ἀπατάω, deceive, lead into error.

⁴ κενός, empty, vain. ⁵ ἀπειθεία, ας, ἡ, disobedience, willful unbelief. ⁶ συμμέτοχος, sharing with, partaking with. ⁷ ἀγαθωσύνη, ης, ἡ, goodness. ⁸ δοκιμάζω, prove, approve. ⁹ εὐάρεστος, well-pleasing, acceptable. ¹⁰ συγκοινωνέω, have fellowship with, participate. ¹¹ ἀκαρπος, unfruitful, barren. ¹² ἐλέγγω, convict, reprove. ¹³ κρυφῇ, secretly, in secret. ¹⁴ αἰσχρός, shameful, base. ¹⁵ καθεύδω, sleep. ¹⁶ ἐπιφάω, shine upon, give light to.

Βλέπετε οὖν πῶς ἀκριβῶς¹ περιπατεῖτε, μὴ ὡς ἄσοφοι,² 15
 ἀλλ' ὡς σοφοί,³ ἐξαγοραζόμενοι⁴ τὸν καιρόν, ὅτι αἱ 16
 ἡμέραι πονηραὶ εἰσιν. Διὰ τοῦτο μὴ γίνεσθε ἄφρονες,⁵ 17
 ἀλλὰ συνιέντες τί τὸ θέλημα τοῦ κυρίου. Καὶ μὴ 18
 μεθύσκεσθε⁶ οἴνῳ, ἐν ᾧ ἐστὶν ἀσωτία,⁷ ἀλλὰ 19
 πληροῦσθε ἐν πνεύματι, λαλοῦντες ἑαυτοῖς ψαλμοῖς⁸ 19
 καὶ ὕμνοις⁹ καὶ ᾠδαῖς¹⁰ πνευματικαῖς, ᾄδοντες¹¹ καὶ 20
 ψάλλοντες¹² ἐν τῇ καρδίᾳ ὑμῶν τῷ κυρίῳ, 20
 εὐχαριστοῦντες πάντοτε ὑπὲρ πάντων ἐν ὀνόματι τοῦ
 κυρίου ἡμῶν Ἰησοῦ χριστοῦ τῷ θεῷ καὶ πατρὶ, 21
 ὑποτασσόμενοι ἀλλήλοις ἐν φόβῳ χριστοῦ.

Αἱ γυναῖκες, τοῖς ἰδίοις ἀνδράσιν ὑποτάσσεσθε, ὡς τῷ 22
 κυρίῳ. Ὅτι ἀνὴρ ἐστὶν κεφαλὴ τῆς γυναικός, ὡς καὶ ὁ 23
 χριστὸς κεφαλὴ τῆς ἐκκλησίας, καὶ αὐτός ἐστιν
 σωτὴρ¹³ τοῦ σώματος. Ἄλλ' ὥσπερ ἡ ἐκκλησία 24

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

ὑποτάσσεται τῷ χριστῷ, οὕτως καὶ αἱ γυναῖκες τοῖς
 ἰδίοις ἀνδράσιν ἐν παντί. Οἱ ἄνδρες, ἀγαπάτε τὰς 25
 γυναῖκας ἑαυτῶν, καθὼς καὶ ὁ χριστὸς ἠγάπησεν τὴν
 ἐκκλησίαν, καὶ ἑαυτὸν παρέδωκεν ὑπὲρ αὐτῆς· ἵνα 26
 αὐτὴν ἀγιάσῃ, καθαρίσας τῷ λουτρῷ¹ τοῦ ὕδατος ἐν
 ῥήματι, ἵνα παραστήσῃ αὐτὴν ἑαυτῷ ἔνδοξον² τὴν 27
 ἐκκλησίαν, μὴ ἔχουσιν σπίλον³ ἢ ῥυτίδα⁴ ἢ τι τῶν
 τοιούτων, ἀλλ' ἵνα ᾦ ἁγία καὶ ἄμωμος.⁵ Οὕτως 28
 ὀφείλουσιν οἱ ἄνδρες ἀγαπᾶν τὰς ἑαυτῶν γυναῖκας ὡς
 τὰ ἑαυτῶν σώματα. Ὁ ἀγαπῶν τὴν ἑαυτοῦ γυναῖκα,
 ἑαυτὸν ἀγαπᾷ· οὐδεὶς γάρ ποτε τὴν ἑαυτοῦ σάρκα 29
 ἐμίσησεν, ἀλλ' ἐκτρέφει⁶ καὶ θάλπει⁷ αὐτήν, καθὼς
 καὶ ὁ κύριος τὴν ἐκκλησίαν· ὅτι μέλη ἐσμὲν τοῦ 30
 σώματος αὐτοῦ, ἐκ τῆς σαρκὸς αὐτοῦ καὶ ἐκ τῶν
 ὀστέων⁸ αὐτοῦ. Ἀντὶ⁹ τούτου καταλείψει¹⁰ ἄνθρωπος 31
 τὸν πατέρα αὐτοῦ καὶ τὴν μητέρα, καὶ

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

προσκολληθήσεται¹ πρὸς τὴν γυναῖκα αὐτοῦ, καὶ
 ἔσονται οἱ δύο εἰς σάρκα μίαν. Τὸ μυστήριον τοῦτο 32
 μέγα ἐστίν· ἐγὼ δὲ λέγω εἰς χριστὸν καὶ εἰς τὴν
 ἐκκλησίαν. Πλὴν καὶ ὑμεῖς οἱ καθ' ἓνα, ἕκαστος τὴν 33
 ἑαυτοῦ γυναῖκα οὕτως ἀγαπάτω ὡς ἑαυτόν· ἡ δὲ γυνὴ
 ἵνα φοβῇται τὸν ἄνδρα.

Τὰ τέκνα, ὑπακούετε² τοῖς γονεῦσιν³ ὑμῶν ἐν κυρίῳ· 6
 τοῦτο γάρ ἐστιν δίκαιον. Τίμα⁴ τὸν πατέρα σου καὶ 2
 τὴν μητέρα ἣτις ἐστὶν ἐντολὴ πρώτη ἐν ἐπαγγελίᾳ, 3
 ἵνα εὖ⁵ σοι γένηται, καὶ ἔσῃ μακροχρόνιος⁶ ἐπὶ τῆς γῆς.
 Καὶ οἱ πατέρες, μὴ παροργίζετε⁷ τὰ τέκνα ὑμῶν, ἀλλ' 4
 ἐκτρέφετε⁸ αὐτὰ ἐν παιδείᾳ⁹ καὶ νοουθεσίᾳ¹⁰ κυρίου.

Οἱ δοῦλοι, ὑπακούετε² τοῖς κυρίοις κατὰ σάρκα, μετὰ 5
 φόβου καὶ τρόμου,¹¹ ἐν ἀπλότητι¹² τῆς καρδίας ὑμῶν,
 ὡς τῷ χριστῷ· μὴ κατ' ὀφθαλμοδουλείαν¹³ ὡς 6

¹ προσκολλάω, join closely, cleave to. ² ὑπακούω, obey, listen. ³ γονεῦς, ἑως, ὁ, parent. ⁴ τιμάω, honor, value at a price. ⁵ εὖ, well, well done. ⁶ μακροχρόνιος, long-lived. ⁷ παροργίζω, provoke to anger, exasperate. ⁸ ἐκτρέφω, nourish, rear. ⁹ παιδεία, ας, ἡ, training, discipline. ¹⁰ νοουθεσία, ας, ἡ, admonition, instruction. ¹¹ τρέμος, ου, ὁ, trembling, quaking. ¹² ἀπλότης, ητος, ἡ, singleness, hence simplicity. ¹³ ὀφθαλμοδουλεία, ας, ἡ, service rendered only while the master watches.

ἀνθρωπάρεσκοι,¹ ἀλλ' ὡς δοῦλοι τοῦ χριστοῦ,
 ποιούντες τὸ θέλημα τοῦ θεοῦ ἐκ ψυχῆς, μετ' εὐνοίας² 7
 δουλεύοντες ὡς τῷ κυρίῳ καὶ οὐκ ἀνθρώποις· εἰδότες 8
 ὅτι ὁ ἐάν τι ἔκαστος ποιήσῃ ἀγαθόν, τοῦτο κομιέται³
 παρὰ τοῦ κυρίου, εἴτε δοῦλος, εἴτε ἐλεύθερος.⁴ Καὶ οἱ 9
 κύριοι, τὰ αὐτὰ ποιεῖτε πρὸς αὐτούς, ἀνιέντες⁵ τὴν
 ἀπειλήν·⁶ εἰδότες ὅτι καὶ ὑμῶν αὐτῶν ὁ κύριός ἐστιν
 ἐν οὐρανοῖς, καὶ προσωποληψία⁷ οὐκ ἔστιν παρ' αὐτῷ.

Τὸ λοιπόν, ἀδελφοί μου, ἐνδυναμοῦσθε⁸ ἐν κυρίῳ, καὶ 10
 ἐν τῷ κρᾶτει⁹ τῆς ἰσχύος¹⁰ αὐτοῦ. Ἐνδύσασθε τὴν 11
 πανοπλίαν¹¹ τοῦ θεοῦ, πρὸς τὸ δύνασθαι ὑμᾶς στήναι
 πρὸς τὰς μεθοδείας¹² τοῦ διαβόλου. Ὅτι οὐκ ἔστιν 12
 ἡμῖν ἡ πάλῃ¹³ πρὸς αἷμα καὶ σάρκα, ἀλλὰ πρὸς τὰς
 ἀρχάς, πρὸς τὰς ἐξουσίας, πρὸς τοὺς κοσμοκράτορας¹⁴

¹ ἀνθρωπάρεσκος, people pleaser. ² εὐνοια, ας, ἡ, favor, affection. ³ κομιέω, receive, bring. ⁴ ἐλεύθερος, free, delivered from obligation. ⁵ ἀνίημι, give up, loosen. ⁶ ἀπειλή, ἡς, ἡ, threat, threatening. ⁷ προσωποληψία, ας, ἡ, partiality, favoritism. ⁸ ἐνδυναμόω, strengthen, empower. ⁹ κρᾶτος, ους, τό, power, dominion. ¹⁰ ἰσχύς, ὅς, ἡ, strength, power. ¹¹ πανοπλία, ας, ἡ, full armor, complete armor. ¹² μεθοδεία, ας, ἡ, scheming, craftiness. ¹³ πάλῃ, ἡς, ἡ, struggle, fight. ¹⁴ 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 13
 ἀναλάβετε³ τὴν πανοπλίαν⁴ τοῦ θεοῦ, ἵνα δυνηθῇτε
 ἀντιστῆναι⁵ ἐν τῇ ἡμέρᾳ τῇ πονηρᾷ, καὶ ἅπαντα
 κατεργασάμενοι⁶ στήναι. Στήτε οὖν περιζωσάμενοι⁷ 14
 τὴν ὀσφὺν⁸ ὑμῶν ἐν ἀληθείᾳ, καὶ ἐνδυσάμενοι τὸν
 θώρακα⁹ τῆς δικαιοσύνης, καὶ ὑποδησάμενοι¹⁰ τοὺς 15
 πόδας ἐν ἐτοιμασίᾳ¹¹ τοῦ εὐαγγελίου τῆς εἰρήνης: ἐπὶ 16
 πᾶσιν ἀναλαβόντες³ τὸν θυρεὸν¹² τῆς πίστεως, ἐν ᾧ
 δυνήσεσθε πάντα τὰ βέλη¹³ τοῦ πονηροῦ τὰ
 πεπτρωμένα¹⁴ σβέσαι.¹⁵ Καὶ τὴν περικεφαλαίαν¹⁶ τοῦ 17
 σωτηρίου¹⁷ δέξασθαι, καὶ τὴν μάχαιραν τοῦ
 πνεύματος, ὃ ἐστὶν ῥῆμα θεοῦ: διὰ πάσης προσευχῆς 18
 καὶ δεήσεως¹⁸ προσευχόμενοι ἐν παντὶ καιρῷ ἐν
 πνεύματι, καὶ εἰς αὐτὸ τοῦτο ἀγρυπνοῦντες¹⁹ ἐν πάσῃ

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, οὗ, ὁ, shield, large shield. ¹³ βέλος, ους, τό, arrow, missile. ¹⁴ πυρρός, 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.

προσκαρτερήσει¹ καὶ δεήσει² περὶ πάντων τῶν ἁγίων, 19
καὶ ὑπὲρ ἐμοῦ, ἵνα μοι δοθῇ λόγος ἐν ἀνοιξί³ τοῦ
στόματός μου ἐν παρρησίᾳ γνωρίσαι τὸ μυστήριον
τοῦ εὐαγγελίου, ὑπὲρ οὗ πρεσβεύω⁴ ἐν ἀλύσει,⁵ ἵνα ἐν 20
αὐτῷ παρρησιάσωμαι,⁶ ὥς δεῖ με λαλῆσαι.

Ἵνα δὲ εἰδῇτε καὶ ὑμεῖς τὰ κατ' ἐμέ, τί πράσσω, πάντα 21
ὑμῖν γνωρίσει Τυχικὸς⁷ ὁ 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 23
πατρὸς καὶ κυρίου Ἰησοῦ χριστοῦ. Ἡ χάρις μετὰ 24
πάντων τῶν ἀγαπώντων τὸν κύριον ἡμῶν Ἰησοῦν
χριστὸν ἐν ἀφθαρσίᾳ.⁸ Ἀμήν.

¹ προσκαρτερήσις, εως, ἡ, perseverance, steadfastness. ² δεήσις, εως, ἡ, entreaty, prayer. ³ ἀνοιξις, εως, ἡ, opening, act of opening. ⁴ πρεσβεύω, be an ambassador, am aged. ⁵ ἄλυσις, εως, ἡ, chain. ⁶ παρρησιάζομαι, speak freely or boldly, speak freely. ⁷ Τυχικός, ος, ὁ, Tychicus. ⁸ ἀφθαρσία, ας, ἡ, incorruptibility, immortality.