

Πρὸς Ἐφεσίους

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

τοῖς οὓσιν ἐν Ἐφέσῳ¹ καὶ πιστοῖς ἐν χριστῷ Ἰησοῦ: χάρις ὑμῖν καὶ **2**

εἰρήνη ἀπὸ θεοῦ πατρὸς ἡμῶν καὶ κυρίου Ἰησοῦ χριστοῦ.

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

εὐλογήσας ἡμᾶς ἐν πάσῃ εὐλογίᾳ³ πνευματικῇ⁴ ἐν τοῖς ἐπουρανίοις⁵

ἐν χριστῷ: καθὼς ἐξελέξατο⁶ ἡμᾶς ἐν αὐτῷ πρὸ καταβολῆς⁷ κόσμου, **4**

εἶναι ἡμᾶς ἁγίους καὶ ἀμώμους⁸ κατενώπιον⁹ αὐτοῦ ἐν ἀγάπῃ, **5**

προορίσας¹⁰ ἡμᾶς εἰς υἰοθεσίαν¹¹ διὰ Ἰησοῦ χριστοῦ εἰς αὐτόν, κατὰ

τὴν εὐδοκίαν¹² τοῦ θελήματος αὐτοῦ, εἰς ἔπαινον¹³ δόξης τῆς χάριτος **6**

αὐτοῦ, ἐν ᾗ ἐχαρίτωσεν¹⁴ ἡμᾶς ἐν τῷ ἡγαπημένῳ: ἐν ᾧ ἔχομεν τὴν **7**

ἀπολύτρωσιν¹⁵ διὰ τοῦ αἵματος αὐτοῦ, τὴν ἄφεσιν¹⁶ τῶν

παραπτωμάτων,¹⁷ κατὰ τὸν πλοῦτον¹⁸ τῆς χάριτος αὐτοῦ, ἥς **8**

ἐπερίσσευσεν εἰς ἡμᾶς ἐν πάσῃ σοφίᾳ καὶ φρονήσει,¹⁹ γνωρίσας²⁰ **9**

ἡμῖν τὸ μυστήριον²¹ τοῦ θελήματος αὐτοῦ, κατὰ τὴν εὐδοκίαν¹²

αὐτοῦ, ἣν προέθετο²² ἐν αὐτῷ εἰς οἰκονομίαν²³ τοῦ πληρώματος²⁴ τῶν **10**

καιρῶν, ἀνακεφαλαιώσασθαι²⁵ τὰ πάντα ἐν τῷ χριστῷ, τὰ ἐπὶ τοῖς

¹ Ἐφεσος, ου, ἡ, Ephesus. ² εὐλογητός, well spoken of, blessed. ³ εὐλογία, ας, ἡ, blessing, adulation. ⁴ πνευματικός, spiritual. ⁵ ἐπουράνιος, heavenly, celestial. ⁶ ἐκλέγομαι, choose, elect. ⁷ καταβολή, ἡς, ἡ, foundation, depositing. ⁸ ἄμωμος, without blemish, blameless. ⁹ κατενώπιον, before, in the presence of (gen). ¹⁰ προορίζω, predetermine, foreordain. ¹¹ υἰοθεσία, ας, ἡ, adoption. ¹² εὐδοκία, ας, ἡ, good pleasure, good-will. ¹³ ἔπαινος, ου, ὁ, praise, commendation. ¹⁴ χαριτόω, bestow favor on, favor highly. ¹⁵ ἀπολύτρωσις, εως, ἡ, redemption, deliverance. ¹⁶ ἄφεσις, εως, ἡ, release, forgiveness. ¹⁷ παράπτωμα, τος, τό, trespass, falling away. ¹⁸ πλοῦτος, ου, ὁ, wealth, riches. ¹⁹ φρόνησις, εως, ἡ, way of thinking, insight. ²⁰ γνωρίζω, make known, declare. ²¹ μυστήριον, ου, τό, secret, mystery. ²² προτίθεμαι, purpose, design beforehand. ²³ οἰκονομία, ας, ἡ, stewardship, administration. ²⁴ πλήρωμα, τος, τό, fullness, fulfillment. ²⁵ ἀνακεφαλαιώω, sum up, recapitulate.

οὐρανοῖς καὶ τὰ ἐπὶ τῆς γῆς: ἐν αὐτῷ, ἐν ᾧ καὶ ἐκληρώθημεν¹ 11
 προορισθέντες² κατὰ πρόθεσιν³ τοῦ τὰ πάντα ἐνεργοῦντος⁴ κατὰ τὴν
 βουλὴν⁵ τοῦ θελήματος αὐτοῦ, εἰς τὸ εἶναι ἡμᾶς εἰς ἔπαινον⁶ δόξης 12
 αὐτοῦ, τοὺς προηλπικότας⁷ ἐν τῷ χριστῷ: ἐν ᾧ καὶ ὑμεῖς, 13
 ἀκούσαντες τὸν λόγον τῆς ἀληθείας, τὸ εὐαγγέλιον τῆς σωτηρίας
 ὑμῶν, ἐν ᾧ καὶ πιστεύσαντες ἐσφραγίσθητε⁸ τῷ πνεύματι τῆς
 ἐπαγγελίας τῷ ἁγίῳ, ὅς ἐστιν ἄρραβὼν⁹ τῆς κληρονομίας¹⁰ ἡμῶν, εἰς 14
 ἀπολύτρωσιν¹¹ τῆς περιποιήσεως,¹² εἰς ἔπαινον⁶ τῆς δόξης αὐτοῦ.

Διὰ τοῦτο καὶ γὰρ, ἀκούσας τὴν καθ' ὑμᾶς πίστιν ἐν τῷ κυρίῳ Ἰησοῦ καὶ 15
 τὴν ἀγάπην τὴν εἰς πάντας τοὺς ἁγίους, οὐ παύομαι¹³ εὐχαριστῶν 16
 ὑπὲρ ὑμῶν, μνησθῆναι¹⁴ ὑμῶν ποιούμενος ἐπὶ τῶν προσευχῶν μου: ἵνα ὁ 17
 θεὸς τοῦ κυρίου ἡμῶν Ἰησοῦ χριστοῦ, ὁ πατὴρ τῆς δόξης, δώῃ ὑμῖν
 πνεῦμα σοφίας καὶ ἀποκαλύψεως,¹⁵ ἐν ἐπιγνώσει¹⁶ αὐτοῦ: 18
 πεφωτισμένους¹⁷ τοὺς ὀφθαλμοὺς τῆς καρδίας ὑμῶν, εἰς τὸ εἰδέναι
 ὑμᾶς τίς ἐστιν ἡ ἐλπίς τῆς κλήσεως¹⁸ αὐτοῦ, καὶ τίς ὁ πλοῦτος¹⁹ τῆς
 δόξης τῆς κληρονομίας¹⁰ αὐτοῦ ἐν τοῖς ἁγίοις, καὶ τί τὸ ὑπερβάλλον²⁰ 19
 μέγεθος²¹ τῆς δυνάμεως αὐτοῦ εἰς ἡμᾶς τοὺς πιστεύοντας, κατὰ τὴν
 ἐνέργειαν²² τοῦ κράτους²³ τῆς ἰσχύος²⁴ αὐτοῦ ἣν ἐνήργησεν⁴ ἐν τῷ 20
 χριστῷ, ἐγείρας αὐτὸν ἐκ τῶν νεκρῶν, καὶ ἐκάθισεν ἐν δεξιᾷ αὐτοῦ ἐν

¹ κληρώω, appoint by lot, obtain an inheritance. ² προορίζω, predetermine, foreordain. ³ πρόθεσις, εὖ, ἡ, setting forth, purpose. ⁴ ἐνεργέω, work, effect. ⁵ βουλή, ἡ, ἡ, counsel, purpose. ⁶ ἔπαινος, οὐ, ὁ, praise, commendation. ⁷ προελπίζω, hope before, be the first to hope. ⁸ σφραγίζω, seal, set a seal upon. ⁹ ἄρραβὼν, ὥνος, ὁ, earnest, pledge. ¹⁰ κληρονομία, ας, ἡ, inheritance. ¹¹ ἀπολύτρωσις, εὖ, ἡ, redemption, deliverance. ¹² περιποίησις, εὖ, ἡ, preservation, acquisition. ¹³ παύω, cause to cease. ¹⁴ μνησθῆναι, ας, ἡ, remembrance, mention. ¹⁵ ἀποκάλυψις, εὖ, ἡ, revelation, unveiling. ¹⁶ ἐπιγνώσις, εὖ, ἡ, knowledge, discernment. ¹⁷ φωτίζω, give light, enlighten. ¹⁸ κλήσις, εὖ, ἡ, (divine) call, invitation. ¹⁹ πλοῦτος, οὐ, ὁ, wealth, riches. ²⁰ ὑπερβάλλω, go beyond, surpass. ²¹ μέγεθος, οὐς, τό, size, greatness. ²² ἐνέργεια, ας, ἡ, operative power, working. ²³ κράτος, οὐς, τό, power, dominion. ²⁴ ἰσχύς, ὅς, ἡ, strength, power.

τοῖς ἐπουρανίοις,¹ ὑπεράνω² πάσης ἀρχῆς καὶ ἐξουσίας καὶ δυνάμεως 21
καὶ κυριότητος,³ καὶ παντὸς ὀνόματος ὀνομαζομένου⁴ 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 πλήρωμα⁵ τοῦ τὰ πάντα ἐν 23
πᾶσιν πληρουμένου.

Καὶ ὑμᾶς ὄντας νεκροὺς τοῖς παραπτώμασιν⁶ καὶ ταῖς ἁμαρτίαις, ἐν αἷς 2
ποτε περιεπατήσατε κατὰ τὸν αἰῶνα τοῦ κόσμου τούτου, κατὰ τὸν
ἄρχοντα τῆς ἐξουσίας τοῦ ἀέρος,⁷ τοῦ πνεύματος τοῦ νῦν
ἐνεργοῦντος⁸ ἐν τοῖς υἱοῖς τῆς ἀπειθείας·⁹ ἐν οἷς καὶ ἡμεῖς πάντες 3
ἀνεστράφημέν¹⁰ ποτε ἐν ταῖς ἐπιθυμίαις τῆς σαρκὸς ἡμῶν, ποιοῦντες
τὰ θελήματα τῆς σαρκὸς καὶ τῶν διανοιῶν,¹¹ καὶ ἤμεν τέκνα φύσει¹²
ὀργῆς, ὡς καὶ οἱ λοιποί· ὁ δὲ θεός, πλούσιος¹³ ὢν ἐν ἐλέει,¹⁴ διὰ τὴν 4
πολλὴν ἀγάπην αὐτοῦ ἣν ἡγάπησεν ἡμᾶς, καὶ ὄντας ἡμᾶς νεκροὺς 5
τοῖς παραπτώμασιν⁶ συνεζωοποίησεν¹⁵ τῷ χριστῷ – χάριτί ἐστε
σεσωσμένοι – καὶ συνήγειρεν,¹⁶ καὶ συνεκάθισεν¹⁷ ἐν τοῖς 6
ἐπουρανίοις¹ ἐν χριστῷ Ἰησοῦ· ἵνα ἐνδείξῃται¹⁸ ἐν τοῖς αἰῶσιν τοῖς 7
ἐπερχομένοις¹⁹ τὸν ὑπερβάλλοντα²⁰ πλοῦτον²¹ τῆς χάριτος αὐτοῦ ἐν
χρηστότητι²² ἐφ' ἡμᾶς ἐν χριστῷ Ἰησοῦ· τῇ γὰρ χάριτί ἐστε 8

¹ ἐπουράνιος, heavenly, celestial. ² ὑπεράνω, high above (gen), far above. ³ κυριότης, ητος, ἡ, lordship, dominion. ⁴ ὀνομάζω, name, give a name to. ⁵ πλήρωμα, τος, τό, fullness, fulfillment. ⁶ παράπτωμα, τος, τό, trespass, falling away. ⁷ ἀήρ, ος, ὁ, air. ⁸ ἐνεργέω, work, effect. ⁹ ἀπειθεία, ας, ἡ, disobedience, willful unbelief. ¹⁰ ἀναστρέφω, return, live. ¹¹ διάνοια, ας, ἡ, mind, understanding. ¹² φύσις, εως, ἡ, nature, inherent nature. ¹³ πλούσιος, rich. ¹⁴ ἐλεος, ους, ὁ, pity, mercy. ¹⁵ συζωοποιέω, make alive together with someone. ¹⁶ συνεγείρω, raise up with, raise along with. ¹⁷ συγκαθίζω, cause to sit down together. ¹⁸ ἐνδείκνυμι, show forth, show. ¹⁹ ἐπέρχομαι, come to or upon, approach. ²⁰ ὑπερβάλλω, go beyond, surpass. ²¹ πλοῦτος, ου, ὁ, wealth, riches. ²² χρηστότης, ητος, ἡ, goodness, kindness.

σεσωσμένοι διὰ τῆς πίστεως, καὶ τοῦτο οὐκ ἐξ ὑμῶν· θεοῦ τὸ δῶρον·¹
οὐκ ἐξ ἔργων, ἵνα μή τις καυχῆσθαι. Αὐτοῦ γάρ ἐσμεν ποίημα,² 9
κτισθέντες³ ἐν χριστῷ Ἰησοῦ ἐπὶ ἔργοις ἀγαθοῖς, οἷς προητοίμασεν⁴ ὁ
θεός, ἵνα ἐν αὐτοῖς περιπατήσωμεν.

Διὸ μνημονεύετε⁵ ὅτι ὑμεῖς ποτὲ τὰ ἔθνη ἐν σαρκί, οἱ λεγόμενοι 11
ἀκροβυστία⁶ ὑπὸ τῆς λεγομένης περιτομῆς ἐν σαρκὶ χειροποιήτου,⁷ 12
ὅτι ἦτε ἐν τῷ καιρῷ ἐκείνῳ χωρὶς χριστοῦ, ἀπηλλοτριωμένοι⁸ τῆς
πολιτείας⁹ τοῦ Ἰσραὴλ, καὶ ξένοι¹⁰ τῶν διαθηκῶν τῆς ἐπαγγελίας,
ἐλπίδα μὴ ἔχοντες, καὶ ἄθεοι¹¹ ἐν τῷ κόσμῳ. Νυνὶ¹² δὲ ἐν χριστῷ 13
Ἰησοῦ ὑμεῖς οἱ ποτὲ¹³ ὄντες μακρὰν¹⁴ ἐγγὺς ἐγενήθητε ἐν τῷ αἵματι
τοῦ χριστοῦ. Αὐτὸς γάρ ἐστιν ἡ εἰρήνη ἡμῶν, ὁ ποιήσας τὰ 14
ἀμφοτέρα¹⁵ ἐν, καὶ τὸ μεσότοιχον¹⁶ τοῦ φραγμοῦ¹⁷ λύσας, τὴν ἔχθραν 15
ἐν τῇ σαρκὶ αὐτοῦ, τὸν νόμον τῶν ἐντολῶν ἐν δόγμασιν,¹⁹
καταργήσας·²⁰ ἵνα τοὺς δύο κτίσῃ³ ἐν ἑαυτῷ εἰς ἓνα καινὸν ἄνθρωπον,
ποιῶν εἰρήνην, καὶ ἀποκαταλλάξῃ²¹ τοὺς ἀμφοτέρους¹⁵ ἐν ἐνὶ 16
σώματι τῷ θεῷ διὰ τοῦ σταυροῦ,²² ἀποκτείνας τὴν ἔχθραν¹⁸ ἐν αὐτῷ: 17
καὶ ἔλθων εὐηγγελίσατο εἰρήνην ὑμῖν τοῖς μακρὰν¹⁴ καὶ τοῖς ἐγγύς: 18
ὅτι δι' αὐτοῦ ἔχομεν τὴν προσαγωγὴν²³ οἱ ἀμφοτέροι¹⁵ ἐν ἐνὶ
πνεύματι πρὸς τὸν πατέρα. Ἄρα οὖν οὐκέτι ἐστὲ ξένοι¹⁰ καὶ πάροικοι, 19

¹ δῶρον, ου, τό, gift, present. ² ποίημα, τος, τό, work, creation. ³ κτίζω, create, form. ⁴ προετοιμάζω, prepare beforehand, predestine. ⁵ μνημονεύω, remember, make mention of. ⁶ ἀκροβυστία, ας, ή, uncircumcision, foreskin. ⁷ χειροποίητος, made by hand, done or made with hands. ⁸ ἀπαλλοτριόμαι, alienate, estrange. ⁹ πολιτεία, ας, ή, citizenship, citizen body. ¹⁰ ξένος, strange, stranger. ¹¹ ἄθεος, without God, godless. ¹² νυνί, now, already. ¹³ ποτέ, once, at some time. ¹⁴ μακράν, far away. ¹⁵ ἀμφοτέροι, both, both of two. ¹⁶ μεσότοιχον, ου, τό, middle wall, dividing wall. ¹⁷ φραγμός, ου, ό, wall, fence. ¹⁸ ἔχθρα, ας, ή, enmity, hostility. ¹⁹ δόγμα, τος, τό, a public decree, ordinance. ²⁰ καταργέω, make ineffective, abolish. ²¹ ἀποκαταλλάσσω, reconcile. ²² σταυρός, ου, ό, cross. ²³ προσαγωγή, ης, ή, access, approach. ²⁴ πάροικος, ου, ό, alien, stranger.

ἀλλὰ συμπολιταί¹ τῶν ἁγίων καὶ οἰκεῖοι² τοῦ θεοῦ, 20
 ἐποικοδομηθέντες³ ἐπὶ τῷ θεμελίῳ⁴ τῶν ἀποστόλων καὶ προφητῶν,
 ὄντος ἀκρογωνιαίου⁵ αὐτοῦ Ἰησοῦ χριστοῦ, ἐν ᾧ πᾶσα οἰκοδομή⁶ 21
 συναρμολογουμένη⁷ αὖξει⁸ εἰς ναὸν ἅγιον ἐν κυρίῳ, ἐν ᾧ καὶ ὑμεῖς 22
 συνοικοδομεῖσθε⁹ εἰς κατοικητήριον¹⁰ τοῦ θεοῦ ἐν πνεύματι.

Τούτου χάριν¹¹ ἐγὼ Παῦλος ὁ δέσμιος¹² τοῦ χριστοῦ Ἰησοῦ ὑπὲρ ὑμῶν 3
 τῶν ἐθνῶν, εἶγε¹³ ἠκούσατε τὴν οἰκονομίαν¹⁴ τῆς χάριτος τοῦ θεοῦ 2
 τῆς δοθείσης μοι εἰς ὑμᾶς, ὅτι κατὰ ἀποκάλυψιν¹⁵ ἐγνώρισέν¹⁶ μοι τὸ 3
 μυστήριον,¹⁷ καθὼς προέγραψα¹⁸ ἐν ὀλίγῳ, πρὸς ὃ δύνασθε 4
 ἀναγινώσκοντες νοῆσαι¹⁹ τὴν σύνεσιν²⁰ μου ἐν τῷ μυστηρίῳ¹⁷ τοῦ
 χριστοῦ: ὃ ἐτέραις γενεαῖς οὐκ ἐγνωρίσθη¹⁶ τοῖς υἱοῖς τῶν ἀνθρώπων, 5
 ὡς νῦν ἀπεκαλύφθη²¹ τοῖς ἁγίοις ἀποστόλοις αὐτοῦ καὶ προφήταις ἐν
 πνεύματι: εἶναι τὰ ἔθνη συγκληρονόμα²² καὶ σύσσωμα²³ καὶ 6
 συμμετόχα²⁴ τῆς ἐπαγγελίας αὐτοῦ ἐν τῷ χριστῷ, διὰ τοῦ εὐαγγελίου,
 οὗ ἐγενόμην διάκονος κατὰ τὴν δωρεάν²⁵ τῆς χάριτος τοῦ θεοῦ, τὴν 7
 δοθεῖσάν μοι κατὰ τὴν ἐνέργειαν²⁶ τῆς δυνάμεως αὐτοῦ. Ἐμοὶ τῷ 8
 ἐλαχιστοτέρῳ²⁷ πάντων ἁγίων ἐδόθη ἡ χάρις αὕτη, ἐν τοῖς ἔθνεσιν
 εὐαγγελίσασθαι τὸν ἀνεξιχνίαστον²⁸ πλοῦτον²⁹ τοῦ χριστοῦ, καὶ 9

¹ συμπολίτης, ου, ὁ, fellow citizen. ² οἰκεῖος, ου, ὁ, household, members of the household. ³ ἐποικοδομέω, build upon, build upon a foundation. ⁴ θεμέλιος, ου, ὁ, foundation. ⁵ ἀκρογωνιαίος, corner, cornerstone. ⁶ οἰκοδομή, ἡς, ἡ, building, edification. ⁷ συναρμολογέω, fit together. ⁸ αὖξανω, cause to grow, increase. ⁹ συνοικοδομέω, build up together. ¹⁰ κατοικητήριον, ου, τό, dwelling, dwelling-place. ¹¹ χάριν, in favor of, for the pleasure of. ¹² δέσμιος, ου, ὁ, prisoner, one bound. ¹³ εἶγε, if indeed, seeing that. ¹⁴ οἰκονομία, ας, ἡ, stewardship, administration. ¹⁵ ἀποκάλυψις, εως, ἡ, revelation, unveiling. ¹⁶ γνωρίζω, make known, declare. ¹⁷ μυστήριον, ου, τό, secret, mystery. ¹⁸ προγράφω, write before, write previously. ¹⁹ νοέω, understand, consider. ²⁰ σύνεσις, εως, ἡ, understanding, insight. ²¹ ἀποκαλύπτω, reveal, uncover. ²² συγκληρονόμος, fellow heir, joint heir. ²³ σύσσωμος, of the same body. ²⁴ συμμετόχος, sharing with, partaking with. ²⁵ δωρεά, ας, ἡ, gift, free gift. ²⁶ ἐνέργεια, ας, ἡ, operative power, working. ²⁷ ἐλαχιστότερος, smallest, least important. ²⁸ ἀνεξιχνίαστος, inscrutable, incomprehensible. ²⁹ πλοῦτος, ου, ὁ, wealth, riches.

φωτίσαι¹ πάντας τίς ἡ οἰκονομία² τοῦ μυστηρίου³ τοῦ
 ἀποκεκρυμμένου⁴ ἀπὸ τῶν αἰώνων ἐν τῷ θεῷ τῷ τὰ πάντα κτίσαντι⁵
 διὰ Ἰησοῦ χριστοῦ, ἵνα γνωρισθῇ⁶ νῦν ταῖς ἀρχαῖς καὶ ταῖς ἐξουσίαις 10
 ἐν τοῖς ἐπουρανίοις⁷ διὰ τῆς ἐκκλησίας ἡ πολυποίκιλος⁸ σοφία τοῦ
 θεοῦ, κατὰ πρόθεσιν⁹ τῶν αἰώνων ἣν ἐποίησεν ἐν χριστῷ Ἰησοῦ τῷ 11
 κυρίῳ ἡμῶν: ἐν ᾧ ἔχομεν τὴν παρρησίαν καὶ τὴν προσαγωγὴν¹⁰ ἐν 12
 πεποιθήσει¹¹ διὰ τῆς πίστεως αὐτοῦ. Διὸ αἰτούμαι μὴ ἐκκακεῖν¹² ἐν 13
 ταῖς θλίψεσίν μου ὑπὲρ ὑμῶν, ἥτις ἐστὶν δόξα ὑμῶν.
 Τούτου χάριν¹³ κάμπτω¹⁴ τὰ γόνατά¹⁵ μου πρὸς τὸν πατέρα τοῦ κυρίου 14
 ἡμῶν Ἰησοῦ χριστοῦ, ἐξ οὗ πᾶσα πατριὰ¹⁶ ἐν οὐρανοῖς καὶ ἐπὶ γῆς 15
 ὀνομάζεται,¹⁷ ἵνα δώῃ ὑμῖν, κατὰ τὸν πλοῦτον¹⁸ τῆς δόξης αὐτοῦ, 16
 δυνάμει κραταιωθῆναι¹⁹ διὰ τοῦ πνεύματος αὐτοῦ εἰς τὸν ἔσω²⁰
 ἄνθρωπον, κατοικῆσαι τὸν χριστὸν διὰ τῆς πίστεως ἐν ταῖς καρδίαις 17
 ὑμῶν: ἐν ἀγάπῃ ἐρριζωμένοι²¹ καὶ τεθεμελιωμένοι²² ἵνα ἐξισχύσητε²³ 18
 καταλαβέσθαι²⁴ σὺν πᾶσιν τοῖς ἁγίοις τί τὸ πλάτος²⁵ καὶ μῆκος²⁶ καὶ
 βάθος²⁷ καὶ ὕψος,²⁸ γινώναί τε τὴν ὑπερβάλλουσιν²⁹ τῆς γνώσεως³⁰ 19
 ἀγάπην τοῦ χριστοῦ, ἵνα πληρωθῆτε εἰς πᾶν τὸ πλήρωμα³¹ τοῦ θεοῦ.

¹ φωτίζω, give light, enlighten. ² οἰκονομία, ας, ἡ, stewardship, administration. ³ μυστήριον, ου, τό, secret, mystery. ⁴ ἀποκρύπτω, hide, conceal. ⁵ κτίζω, create, form. ⁶ γνωρίζω, make known, declare. ⁷ ἐπουράνιος, heavenly, celestial. ⁸ πολυποίκιλος, many-sided, manifold. ⁹ πρόθεσις, εως, ἡ, setting forth, purpose. ¹⁰ προσαγωγή, ἡς, ἡ, access, approach. ¹¹ πεποιθήσις, 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 πλοῦτος, ου, ὁ, wealth, riches. ¹⁹ κραταιόω, strengthen, confirm. ²⁰ ἔσω, within, inside. ²¹ ῥιζόω, root, fix by the root. ²² θεμελιόω, lay a foundation, found. ²³ ἐξισχύω, be able, be strong enough. ²⁴ καταλαμβάνω, overtake, apprehend. ²⁵ πλάτος, ους, τό, breadth, width. ²⁶ μῆκος, ους, τό, length. ²⁷ βάθος, ους, τό, depth, deep. ²⁸ ὕψος, ους, τό, height, heaven. ²⁹ ὑπερβάλλω, go beyond, surpass. ³⁰ γνώσις, εως, ἡ, wisdom, knowledge. ³¹ πλήρωμα, τος, τό, fullness, fulfillment.

Τῷ δὲ δυναμένῳ ὑπὲρ πάντα ποιῆσαι ὑπὲρ ἐκπερισσοῦ ὧν αἰτούμεθα ἡ 20
 νοοῦμεν,¹ κατὰ τὴν δύναμιν τὴν ἐνεργουμένην² ἐν ἡμῖν, αὐτῷ ἡ δόξα 21
 ἐν τῇ ἐκκλησίᾳ ἐν χριστῷ Ἰησοῦ, εἰς πάσας τὰς γενεὰς τοῦ αἰῶνος
 τῶν αἰώνων. Ἀμήν.

Παρακαλῶ οὖν ὑμᾶς ἐγώ, ὁ δέσμιος³ ἐν κυρίῳ, ἀξίως⁴ περιπατῆσαι τῆς 4
 κλήσεως⁵ ἧς ἐκλήθητε, μετὰ πάσης ταπεινοφροσύνης⁶ καὶ 2
 πραότητος,⁷ μετὰ μακροθυμίας,⁸ ἀνεχόμενοι⁹ ἀλλήλων ἐν ἀγάπῃ, 3
 σπουδάζοντες¹⁰ τηρεῖν τὴν ἐνότητα¹¹ τοῦ πνεύματος ἐν τῷ συνδέσμῳ
 τῆς εἰρήνης. Ἐν σῶμα καὶ ἐν πνεῦμα, καθὼς καὶ ἐκλήθητε ἐν μιᾷ 4
 ἐλπίδι τῆς κλήσεως⁵ ὑμῶν: εἷς κύριος, μία πίστις, ἐν βάπτισμα,¹³ εἷς 5
 θεὸς καὶ πατὴρ πάντων, ὁ ἐπὶ πάντων, καὶ διὰ πάντων, καὶ ἐν πᾶσιν
 ἡμῖν. Ἐνὶ δὲ ἐκάστῳ ἡμῶν ἐδόθη ἡ χάρις κατὰ τὸ μέτρον¹⁴ τῆς 7
 δωρεᾶς¹⁵ τοῦ χριστοῦ. Διὸ λέγει, Ἀναβὰς εἰς ὕψος¹⁶ ἠχμαλώτευσεν¹⁷ 8
 αἰχμαλωσίαν,¹⁸ καὶ ἔδωκεν δόματα¹⁹ τοῖς ἀνθρώποις. Τὸ δέ, Ἀνέβη, 9
 τί ἐστίν εἰ μὴ ὅτι καὶ κατέβη πρῶτον εἰς τὰ κατώτερα²⁰ μέρη τῆς γῆς;
 Ὁ καταβάς, αὐτός ἐστιν καὶ ὁ ἀναβάς ὑπεράνω²¹ πάντων τῶν 10
 οὐρανῶν, ἵνα πληρώσῃ τὰ πάντα. Καὶ αὐτὸς ἔδωκεν τοὺς μὲν 11
 ἀποστόλους, τοὺς δὲ προφῆτας, τοὺς δὲ εὐαγγελιστάς,²² τοὺς δὲ
 ποιμένας²³ καὶ διδασκάλους, πρὸς τὸν καταρτισμὸν²⁴ τῶν ἁγίων, εἰς 12

¹νοέω, understand, consider. ²ἐνεργέω, work, effect. ³δέσμιος, οὐ, ὁ, prisoner, one bound. ⁴ἀξίως, worthily, in a manner worthy of. ⁵κλήσις, εως, ἡ, (divine) call, invitation. ⁶ταπεινοφροσύνη, ης, ἡ, lowliness of mind, humility. ⁷πραΰτης, mildness, gentleness. ⁸μακροθυμία, ας, ἡ, long-suffering, patience. ⁹ἀνέχομαι, endure, bear with. ¹⁰σπουδάζω, hasten, be eager. ¹¹ἐνότης, ητος, ἡ, oneness, unity. ¹²σύνδεσμος, οὐ, ὁ, bond, fetter. ¹³βάπτισμα, τος, τό, baptism, rite or ceremony of baptism. ¹⁴μέτρον, οὐ, τό, measure, measuring rod. ¹⁵δωρεά, ᾶς, ἡ, gift, free gift. ¹⁶ὑψος, οὐς, τό, height, heaven. ¹⁷αἰχμαλωτεύω, capture, lead captive. ¹⁸αἰχμαλωσία, ας, ἡ, captivity, host of captives. ¹⁹δόμα, τος, τό, present, gift. ²⁰κατώτερος, lower. ²¹ὑπεράνω, high above (gen), far above. ²²εὐαγγελιστής, οὔ, ὁ, evangelist, bringer of good tidings. ²³ποιμήν, ἐνος, ὁ, shepherd. ²⁴καταρτισμός, οὔ, ὁ, equipment, equipping.

ἔργον διακονίας, εἰς οἰκοδομὴν¹ τοῦ σώματος τοῦ χριστοῦ: μέχρι² 13
καταντήσωμεν³ οἱ πάντες εἰς τὴν ἐνότητα⁴ τῆς πίστεως καὶ τῆς
ἐπιγνώσεως⁵ τοῦ υἱοῦ τοῦ θεοῦ, εἰς ἄνδρα τέλειον,⁶ εἰς μέτρον⁷
ἡλικίας⁸ τοῦ πληρώματος⁹ τοῦ χριστοῦ: ἵνα μηκέτι¹⁰ ὦμεν νήπιοι,¹¹ 14
κλυδωνιζόμενοι¹² καὶ περιφερόμενοι¹³ παντὶ ἀνέμῳ τῆς διδασκαλίας,¹⁴
ἐν τῇ κυβείᾳ¹⁵ τῶν ἀνθρώπων, ἐν πανουργίᾳ¹⁶ πρὸς τὴν μεθοδείαν¹⁷
τῆς πλάνης:¹⁸ ἀληθεύοντες¹⁹ δὲ ἐν ἀγάπῃ αὐξήσωμεν²⁰ εἰς αὐτὸν τὰ 15
πάντα, ὃς ἐστὶν ἡ κεφαλὴ, ὁ χριστός, ἐξ οὗ πᾶν τὸ σῶμα 16
συναρμολογούμενον²¹ καὶ συμβιβαζόμενον²² διὰ πάσης ἀφῆς²³ τῆς
ἐπιχορηγίας,²⁴ κατ' ἐνέργειαν²⁵ ἐν μέτρῳ⁷ ἐνὸς ἐκάστου μέρους, τὴν
αὐξήσιν²⁶ τοῦ σώματος ποιεῖται εἰς οἰκοδομὴν¹ ἑαυτοῦ ἐν ἀγάπῃ.

Τοῦτο οὖν λέγω καὶ μαρτύρομαι²⁷ ἐν κυρίῳ, μηκέτι¹⁰ ὑμᾶς περιπατεῖν, 17
καθὼς καὶ τὰ λοιπὰ ἔθνη περιπατεῖ ἐν ματαιότητι²⁸ τοῦ νοῦς²⁹ αὐτῶν,
ἐσκοτισμένοι³⁰ τῇ διανοίᾳ,³¹ ὄντες ἀπηλλοτριωμένοι³² τῆς ζωῆς τοῦ 18
θεοῦ διὰ τὴν ἄγνοιαν³³ τὴν οὖσαν ἐν αὐτοῖς, διὰ τὴν πώρωσιν³⁴ τῆς
καρδίας αὐτῶν: οἵτινες ἀπηλγνότες³⁵ ἑαυτοὺς παρέδωκαν τῇ 19
ἀσελγείᾳ,³⁶ εἰς ἐργασίαν³⁷ ἀκαθαρσίας³⁸ πάσης ἐν πλεονεξίᾳ.³⁹ Ὑμεῖς 20

¹ οἰκοδομή, ἡς, ἡ, building, edification. ² μέχρι, until, as far as (gen). ³ καταντάω, come to, arrive. ⁴ ἐνότης, ἡτος, ἡ, oneness, unity. ⁵ ἐπίγνωσις, εως, ἡ, knowledge, discernment. ⁶ τέλειος, complete, perfect. ⁷ μέτρον, ου, τό, measure, measuring rod. ⁸ ἡλικία, ας, ἡ, maturity, age. ⁹ πλήρωμα, τος, τό, fullness, fulfillment. ¹⁰ μηκέτι, no longer. ¹¹ νήπιος, infant, child. ¹² κλυδωνίζομαι, be tossed here and there by waves. ¹³ περιφέρω, carry about, carry around. ¹⁴ διδασκαλία, ας, ἡ, teaching, doctrine. ¹⁵ κυβεία, ας, ἡ, craftiness, trickery. ¹⁶ πανουργία, ας, ἡ, cleverness, craftiness. Trickery. ¹⁷ μεθοδεία, ας, ἡ, scheming, craftiness. ¹⁸ πλάνη, ης, ἡ, wandering, error. ¹⁹ ἀληθεύω, speak the truth, say. ²⁰ αὐξάνω, cause to grow, increase. ²¹ συναρμολογέω, fit together. ²² συμβιβάζω, hold together, instruct. ²³ ἀφή, ἡς, ἡ, joint, band. ²⁴ ἐπιχορηγία, ας, ἡ, assistance, provision. ²⁵ ἐνέργεια, ας, ἡ, operative power, working. ²⁶ αὐξήσις, εως, ἡ, growth, increase. ²⁷ μαρτύρομαι, affirm, testify. ²⁸ ματαιότης, ἡτος, ἡ, vanity, emptiness. ²⁹ νοῦς, ὁ, mind, reasoning faculty. ³⁰ σκοτίζω, darken. ³¹ διάνοια, ας, ἡ, mind, understanding. ³² ἀπαλλοτριόμαι, alienate, estrange. ³³ ἄγνοια, ας, ἡ, ignorance. ³⁴ πώρωσις, εως, ἡ, hardness, obstinancy. ³⁵ ἀπαλγέω, become callous, dead to feeling. ³⁶ ἀσελγεία, ας, ἡ, licentiousness, debauchery. ³⁷ ἐργασία, ας, ἡ, profit, business. ³⁸ ἀκαθαρσία, ας, ἡ, uncleanness, impurity. ³⁹ πλεονεξία, ας, ἡ, covetousness, avarice.

δὲ οὐχ οὕτως ἐμάθετε¹ τὸν χριστόν, εἴγε² αὐτὸν ἠκούσατε καὶ ἐν 21
αὐτῷ ἐδιδάχθητε, καθὼς ἐστὶν ἀλήθεια ἐν τῷ Ἰησοῦ: ἀποθέσθαι³ 22
ὑμᾶς, κατὰ τὴν προτέραν⁴ ἀναστροφὴν,⁵ τὸν παλαιὸν⁶ ἄνθρωπον,
τὸν φθειρόμενον⁷ κατὰ τὰς ἐπιθυμίας τῆς ἀπάτης: ⁸ ἀνανεοῦσθαι⁹ δὲ 23
τῷ πνεύματι τοῦ νοῦς¹⁰ ὑμῶν, καὶ ἐνδύσασθαι¹¹ τὸν καινὸν ἄνθρωπον, 24
τὸν κατὰ θεὸν κτισθέντα¹² ἐν δικαιοσύνῃ καὶ ὁσιότητι¹³ τῆς ἀληθείας.

Διὸ ἀποθέμενοι³ τὸ ψεῦδος¹⁴ λαλεῖτε ἀλήθειαν ἕκαστος μετὰ τοῦ 25
πλησίον¹⁵ αὐτοῦ: ὅτι ἐσμὲν ἀλλήλων μέλη. Ὁργίζεσθε¹⁶ καὶ μὴ 26
ἁμαρτάνετε: ὁ ἥλιος μὴ ἐπιδυέτω¹⁷ ἐπὶ τῷ παροργισμῷ¹⁸ ὑμῶν: μηδὲ 27
δίδοτε τόπον τῷ διαβόλῳ. Ὁ κλέπτων¹⁹ μηκέτι²⁰ κλεπτέτω: ¹⁹ μᾶλλον 28
δὲ κοπιάτω,²¹ ἐργαζόμενος τὸ ἀγαθὸν ταῖς χερσίν, ἵνα ἔχη
μεταδιδόναι²² τῷ χρεῖαν ἔχοντι. Πᾶς λόγος σαπρὸς²³ ἐκ τοῦ στόματος 29
ὑμῶν μὴ ἐκπορευέσθω, ἀλλ' εἴ τις ἀγαθὸς πρὸς οἰκοδομὴν²⁴ τῆς
χρείας, ἵνα δῶ χάριν τοῖς ἀκούουσιν. Καὶ μὴ λυπεῖτε²⁵ τὸ πνεῦμα τὸ 30
ἅγιον τοῦ θεοῦ, ἐν ᾧ ἐσφραγίσθητε²⁶ εἰς ἡμέραν ἀπολυτρώσεως.²⁷ 31
Πᾶσα πικρία²⁸ καὶ θυμὸς²⁹ καὶ ὀργὴ καὶ κραυγὴ³⁰ καὶ βλασφημία³¹
ἀρθήτω ἀφ' ὑμῶν, σὺν πάσῃ κακίᾳ:³² γίνεσθε δὲ εἰς ἀλλήλους 32
χρηστοί,³³ εὐσπλαγχνοί,³⁴ χαρίζόμενοι³⁵ ἑαυτοῖς, καθὼς καὶ ὁ θεὸς ἐν

¹ μανθάνω, learn, ascertain. ² εἴγε, if indeed, seeing that. ³ ἀποτίθηναι, put off, lay aside. ⁴ πρότερον, formerly, before. ⁵ ἀναστροφή, ἥς, ἡ, conduct, behavior. ⁶ παλαιός, old, ancient. ⁷ φθείρω, destroy, corrupt. ⁸ ἀπάτη, ἥς, ἡ, deceit, deceitfulness. ⁹ ἀνανεόω, renew, become young again. ¹⁰ νοῦς, ὁ, mind, reasoning faculty. ¹¹ ἐνδύω, put on, clothe. ¹² κτίζω, create, form. ¹³ ὁσιότης, ἡτος, ἡ, piety, holiness. ¹⁴ ψεῦδος, οὗς, τό, lie. ¹⁵ πλησίον, near, neighbor (as a noun). ¹⁶ ὀργίζω, irritate, provoke. ¹⁷ ἐπιδύω, set, go down. ¹⁸ παροργισμός, οὗ, ὁ, irritation, anger. ¹⁹ κλέπτω, steal. ²⁰ μηκέτι, no longer. ²¹ κοπιάω, toil, labor. ²² μεταδίδωμι, give a share of, share. ²³ σαπρός, rotten, worthless. ²⁴ οἰκοδομή, ἥς, ἡ, building, edification. ²⁵ λυπέω, grieve, pain. ²⁶ σφραγίζω, seal, set a seal upon. ²⁷ ἀπολύτρωσις, εὗς, ἡ, redemption, deliverance. ²⁸ πικρία, ας, ἡ, bitterness. ²⁹ θυμός, ου, ὁ, wrath, outburst of passion. ³⁰ κραυγή, ἥς, ἡ, outcry, crying. ³¹ βλασφημία, ας, ἡ, blasphemy, reproach. ³² κακία, ας, ἡ, malice, evil. ³³ χρηστός, good, kind. ³⁴ εὐσπλαγχνός, tender-hearted, merciful. ³⁵ χαρίζομαι, give freely, forgive.

χριστῷ ἐχαρίσατο¹ ἡμῖν.

Γίνεσθε οὖν μιμηταί² τοῦ θεοῦ, ὡς τέκνα ἀγαπητά: καὶ περιπατεῖτε ἐν **5**

ἀγάπῃ, καθὼς καὶ ὁ χριστὸς ἠγάπησεν ἡμᾶς, καὶ παρέδωκεν ἑαυτὸν

ὑπὲρ ἡμῶν προσφορὰν³ καὶ θυσίαν⁴ τῷ θεῷ εἰς ὁσμὴν⁵ εὐωδίας.⁶ **3**

Πορνεία⁷ δὲ καὶ πᾶσα ἀκαθαρσία⁸ ἢ πλεονεξία⁹ μηδὲ ὀνομαζέσθω¹⁰ ἐν

ὑμῖν, καθὼς πρέπει¹¹ ἀγίοις: καὶ αἰσχρότης,¹² καὶ μωρολογία,¹³ ἢ **4**

εὐτραπελία,¹⁴ τὰ οὐκ ἀνήκοντα:¹⁵ ἀλλὰ μᾶλλον εὐχαριστία.¹⁶ Τοῦτο **5**

γάρ ἐστε γινώσκοντες, ὅτι πᾶς πόρνος,¹⁷ ἢ ἀκάθαρτος, ἢ πλεονέκτης,¹⁸

ὅς ἐστιν εἰδωλολάτρης,¹⁹ οὐκ ἔχει κληρονομίαν²⁰ ἐν τῇ βασιλείᾳ τοῦ

χριστοῦ καὶ θεοῦ. Μηδεὶς ὑμᾶς ἀπατάτω²¹ κενοῖς²² λόγοις: διὰ ταῦτα **6**

γὰρ ἔρχεται ἡ ὀργὴ τοῦ θεοῦ ἐπὶ τοὺς υἱοὺς τῆς ἀπειθείας.²³ Μὴ οὖν **7**

γίνεσθε συμμέτοχοι²⁴ αὐτῶν: ἦτε γὰρ ποτε σκότος, νῦν δὲ φῶς ἐν **8**

κυρίῳ: ὡς τέκνα φωτὸς περιπατεῖτε – ὁ γὰρ καρπὸς τοῦ πνεύματος **9**

ἐν πάσῃ ἀγαθωσύνῃ²⁵ καὶ δικαιοσύνῃ καὶ ἀληθείᾳ – δοκιμάζοντες²⁶ **10**

τί ἐστιν εὐάρεστον²⁷ τῷ κυρίῳ: καὶ μὴ συγκοινωνεῖτε²⁸ τοῖς ἔργοις **11**

τοῖς ἀκάρποις²⁹ τοῦ σκοτοῦς, μᾶλλον δὲ καὶ ἐλέγχετε:³⁰ τὰ γὰρ κρυφῇ **12**

γινόμενα ὑπ' αὐτῶν αἰσχρόν³² ἐστιν καὶ λέγειν. Τὰ δὲ πάντα **13**

ἐλεγχόμενα³⁰ ὑπὸ τοῦ φωτὸς φανεροῦται: πᾶν γὰρ τὸ φανερούμενον

¹ χαρίζομαι, give freely, forgive. ² μιμητής, οὗ, ὁ, imitator. ³ προσφορά, ἁς, ἡ, offering, sacrifice. ⁴ θυσία, ας, ἡ, sacrifice. ⁵ ὁσμὴ, ἡς, ἡ, smell, aroma. ⁶ εὐωδία, ας, ἡ, fragrance, sweet smell. ⁷ πορνεία, ας, ἡ, fornication, idolatry. ⁸ ἀκαθαρσία, ας, ἡ, uncleanness, impurity. ⁹ πλεονεξία, ας, ἡ, covetousness, avarice. ¹⁰ ὀνομάζω, name, give a name to. ¹¹ πρέπω, be clearly seen, be fitting. ¹² αἰσχρότης, ητος, ἡ, shameful, obscenity. ¹³ μωρολογία, ας, ἡ, foolish or silly talk. ¹⁴ εὐτραπελία, ας, ἡ, coarse jesting, low jesting. ¹⁵ ἀνήκω, be fit, be proper. ¹⁶ εὐχαριστία, ας, ἡ, thanksgiving, thankfulness. ¹⁷ πόρνος, ου, ὁ, fornicator, immoral person. ¹⁸ πλεονέκτης, ου, ὁ, covetous or greedy person. ¹⁹ εἰδωλολάτρης, ου, ὁ, image worshiper, idolater. ²⁰ κληρονομία, ας, ἡ, inheritance. ²¹ ἀπατάω, deceive, lead into error. ²² κενός, empty, vain. ²³ ἀπειθεία, ας, ἡ, disobedience, willful unbelief. ²⁴ συμμέτοχος, sharing with, partaking with. ²⁵ ἀγαθωσύνη, ης, ἡ, goodness. ²⁶ δοκιμάζω, prove, approve. ²⁷ εὐάρεστος, well-pleasing, acceptable. ²⁸ συγκοινωνέω, have fellowship with, participate. ²⁹ ἀκαρπος, unfruitful, barren. ³⁰ ἐλέγχω, convict, reprove. ³¹ κρυφῇ, secretly, in secret. ³² αἰσχρός, shameful, base.

φῶς ἐστίν. Διὸ λέγει, Ἔγειρε ὁ καθεύδων¹ καὶ ἀνάστα ἐκ τῶν νεκρῶν, 14
καὶ ἐπιφάσει² σοι ὁ χριστός.

Βλέπετε οὖν πῶς ἀκριβῶς³ περιπατεῖτε, μὴ ὡς ἄσοφοι,⁴ ἀλλ' ὡς σοφοί,⁵ 15
ἐξαγοραζόμενοι⁶ τὸν καιρόν, ὅτι αἱ ἡμέραι πονηραὶ εἰσιν. Διὰ τοῦτο 17
μὴ γίνεσθε ἄφρονες,⁷ ἀλλὰ συνιέντες⁸ τί τὸ θέλημα τοῦ κυρίου. Καὶ 18
μὴ μεθύσκεσθε⁹ οἴνῳ, ἐν ᾧ ἐστὶν ἀσωτία,¹⁰ ἀλλὰ πληροῦσθε ἐν
πνεύματι, λαλοῦντες ἑαυτοῖς ψαλμοῖς¹¹ καὶ ὕμνοις¹² καὶ ᾠδαῖς¹³ 19
πνευματικαῖς,¹⁴ ᾄδοντες¹⁵ καὶ ψάλλοντες¹⁶ ἐν τῇ καρδίᾳ ὑμῶν τῷ
κυρίῳ, εὐχαριστοῦντες πάντοτε ὑπὲρ πάντων ἐν ὀνόματι τοῦ κυρίου 20
ἡμῶν Ἰησοῦ χριστοῦ τῷ θεῷ καὶ πατρὶ, ὑποτασσόμενοι ἀλλήλοις ἐν 21
φόβῳ χριστοῦ.

Αἱ γυναῖκες, τοῖς ἰδίοις ἀνδράσιν ὑποτάσσεσθε, ὡς τῷ κυρίῳ. Ὅτι ἀνὴρ 22
ἐστὶν κεφαλὴ τῆς γυναικός, ὡς καὶ ὁ χριστὸς κεφαλὴ τῆς ἐκκλησίας,
καὶ αὐτός ἐστιν σωτὴρ¹⁷ τοῦ σώματος. Ἄλλ' ὥσπερ ἡ ἐκκλησία 24
ὑποτάσσεται τῷ χριστῷ, οὕτως καὶ αἱ γυναῖκες τοῖς ἰδίοις ἀνδράσιν
ἐν παντί. Οἱ ἄνδρες, ἀγαπᾶτε τὰς γυναῖκας ἑαυτῶν, καθὼς καὶ ὁ 25
χριστὸς ἠγάπησεν τὴν ἐκκλησίαν, καὶ ἑαυτὸν παρέδωκεν ὑπὲρ αὐτῆς:
ἵνα αὐτὴν ἀγιάσῃ,¹⁸ καθαρίσας τῷ λουτρῷ¹⁹ τοῦ ὕδατος ἐν ῥήματι, 26
ἵνα παραστήσῃ αὐτὴν ἑαυτῷ ἑνδοξόν²⁰ τὴν ἐκκλησίαν, μὴ ἔχουσαν

¹καθεύδω, sleep. ²ἐπιφάω, shine upon, give light to. ³ἀκριβῶς, carefully, accurately. ⁴ἄσοφος, unwise, foolish. ⁵σοφός, wise. ⁶ἐξαγοράζω, redeem, make the most of. ⁷ἄφρων, foolish, senseless. ⁸συνίημι, understand, consider. ⁹μεθύσκω, make drunk. ¹⁰ἀσωτία, ας, ἡ, dissipation, debauchery. ¹¹ψαλμός, οὐ, ὁ, song of praise, psalm. ¹²ὕμνος, ου, ὁ, song of praise, hymn. ¹³ᾠδή, ἡς, ἡ, song, ode. ¹⁴πνευματικός, spiritual. ¹⁵ᾄδω, sing. ¹⁶ψάλλω, sing, sing praise. ¹⁷σωτήρ, ἥρος, ὁ, savior, deliverer. ¹⁸ἀγιάζω, make holy, consecrate. ¹⁹λουτρόν, οὐ, τό, bath, washing. ²⁰ἐνδοξος, honored, glorious.

σπίλον¹ ἢ ρυτίδα² ἢ τι τῶν τοιούτων, ἀλλ' ἵνα ἢ ἀγία καὶ ἄμωμος.³ 28

Οὕτως ὀφείλουσιν οἱ ἄνδρες ἀγαπᾶν τὰς ἑαυτῶν γυναῖκας ὡς τὰ
 ἑαυτῶν σώματα. Ὁ ἀγαπῶν τὴν ἑαυτοῦ γυναῖκα, ἑαυτὸν ἀγαπᾷ: 29
 οὐδεὶς γάρ ποτε τὴν ἑαυτοῦ σάρκα ἐμίσησεν, ἀλλ' ἐκτρέφει⁴ καὶ
 θάλπει⁵ αὐτήν, καθὼς καὶ ὁ κύριος τὴν ἐκκλησίαν: ὅτι μέλη ἐσμὲν 30
 τοῦ σώματος αὐτοῦ, ἐκ τῆς σαρκὸς αὐτοῦ καὶ ἐκ τῶν ὀστέων⁶ αὐτοῦ. 31
 Ἄντι⁷ τούτου καταλείψει⁸ ἄνθρωπος τὸν πατέρα αὐτοῦ καὶ τὴν
 μητέρα, καὶ προσκολληθήσεται⁹ πρὸς τὴν γυναῖκα αὐτοῦ, καὶ
 ἔσονται οἱ δύο εἰς σάρκα μίαν. Τὸ μυστήριον¹⁰ τοῦτο μέγα ἐστίν: ἐγὼ 32
 δὲ λέγω εἰς χριστὸν καὶ εἰς τὴν ἐκκλησίαν. Πλὴν καὶ ὑμεῖς οἱ καθ' 33
 ἓνα, ἕκαστος τὴν ἑαυτοῦ γυναῖκα οὕτως ἀγαπάτω ὡς ἑαυτόν: ἡ δὲ
 γυνὴ ἵνα φοβῇται τὸν ἄνδρα.

Τὰ τέκνα, ὑπακούετε¹¹ τοῖς γονεῦσιν¹² ὑμῶν ἐν κυρίῳ: τοῦτο γάρ ἐστιν 6
 δίκαιον. Τίμα¹³ τὸν πατέρα σου καὶ τὴν μητέρα ἣτις ἐστὶν ἐντολὴ 2
 πρώτη ἐν ἐπαγγελίᾳ, ἵνα εὖ¹⁴ σοι γένηται, καὶ ἔση μακροχρόνιος¹⁵ ἐπὶ 3
 τῆς γῆς. Καὶ οἱ πατέρες, μὴ παροργίζετε¹⁶ τὰ τέκνα ὑμῶν, ἀλλ' 4
 ἐκτρέφετε⁴ αὐτὰ ἐν παιδείᾳ¹⁷ καὶ νουθεσίᾳ¹⁸ κυρίου.

¹ σπῖλος, ου, ὁ, spot, stain. ² ρυτίς, ἰδος, ἡ, wrinkle, spiritual defect. ³ ἄμωμος, without blemish, blameless. ⁴ ἐκτρέφω, nourish, rear. ⁵ θάλπω, cherish, comfort. ⁶ ὀστέον, τό, bone. ⁷ ἀντί, instead of, in place of. ⁸ καταλείπω, leave, leave behind. ⁹ προσκολλάω, join closely, cleave to. ¹⁰ μυστήριον, ου, τό, secret, mystery. ¹¹ ὑπακούω, obey, listen. ¹² γονεὺς, ἑως, ὁ, parent. ¹³ τιμάω, honor, value at a price. ¹⁴ εὖ, well, well done. ¹⁵ μακροχρόνιος, long-lived. ¹⁶ παροργίζω, provoke to anger, exasperate. ¹⁷ παιδεία, ας, ἡ, training, discipline. ¹⁸ νουθεσία, ας, ἡ, admonition, instruction.

Οἱ δοῦλοι, ὑπακούετε¹ τοῖς κυρίοις κατὰ σάρκα, μετὰ φόβου καὶ 5
 τρόμου,² ἐν ἀπλότητι³ τῆς καρδίας ὑμῶν, ὡς τῷ χριστῷ: μὴ κατ' 6
 ὀφθαλμοδουλείαν⁴ ὡς ἀνθρωπάρεσκοι,⁵ ἀλλ' ὡς δοῦλοι τοῦ χριστοῦ,
 ποιοῦντες τὸ θέλημα τοῦ θεοῦ ἐκ ψυχῆς, μετ' εὐνοίας⁶ δουλεύοντες⁷ 7
 ὡς τῷ κυρίῳ καὶ οὐκ ἀνθρώποις: εἰδότες ὅτι ὁ ἐάν τι ἕκαστος ποιήσῃ 8
 ἀγαθόν, τοῦτο κομιεῖται⁸ παρὰ τοῦ κυρίου, εἴτε δούλος, εἴτε
 ἐλεύθερος.⁹ Καὶ οἱ κύριοι, τὰ αὐτὰ ποιεῖτε πρὸς αὐτούς, ἀνιέντες¹⁰ 9
 τὴν ἀπειλήν:¹¹ εἰδότες ὅτι καὶ ὑμῶν αὐτῶν ὁ κύριός ἐστιν ἐν οὐρανοῖς,
 καὶ προσωποληψία¹² οὐκ ἔστιν παρ' αὐτῷ.

Τὸ λοιπόν, ἀδελφοί μου, ἐνδυναμοῦσθε¹³ ἐν κυρίῳ, καὶ ἐν τῷ κράτει¹⁴ 10
 τῆς ἰσχύος¹⁵ αὐτοῦ. Ἐνδύσασθε¹⁶ τὴν πανοπλίαν¹⁷ τοῦ θεοῦ, πρὸς τὸ 11
 δύνασθαι ὑμᾶς στήναι πρὸς τὰς μεθοδείας¹⁸ τοῦ διαβόλου. Ὅτι οὐκ 12
 ἔστιν ἡμῖν ἡ πάλη¹⁹ πρὸς αἷμα καὶ σάρκα, ἀλλὰ πρὸς τὰς ἀρχάς,
 πρὸς τὰς ἐξουσίας, πρὸς τοὺς κοσμοκράτορας²⁰ τοῦ σκότους τοῦ
 αἰῶνος τούτου, πρὸς τὰ πνευματικὰ²¹ τῆς πονηρίας²² ἐν τοῖς
 ἐπουρανίοις.²³ Διὰ τοῦτο ἀναλάβετε²⁴ τὴν πανοπλίαν¹⁷ τοῦ θεοῦ, ἵνα 13
 δυνηθῆτε ἀντιστῆναι²⁵ ἐν τῇ ἡμέρᾳ τῇ πονηρᾷ, καὶ ἅπαντα
 κατεργασάμενοι²⁶ στήναι. Στήτε οὖν περιζωσάμενοι²⁷ τὴν ὀσφὺν²⁸ 14

¹ ὑπακούω, obey, listen. ² τρόμος, ου, ό, trembling, quaking. ³ ἀπλότης, ητος, ή, singleness, hence simplicity. ⁴ ὀφθαλμοδουλεία, ας, ή, service rendered only while the master watches. ⁵ ἀνθρωπάρεσκος, people pleaser. ⁶ εὔνοια, ας, ή, favor, affection. ⁷ δουλεύω, serve, am a slave. ⁸ κομίζω, receive, bring. ⁹ ἐλεύθερος, free, delivered from obligation. ¹⁰ ἀνίημι, give up, loosen. ¹¹ ἀπειλή, ης, ή, threat, threatening. ¹² προσωποληψία, ας, ή, partiality, favoritism. ¹³ ἐνδυναμόω, strengthen, empower. ¹⁴ κράτος, ους, τό, power, dominion. ¹⁵ ἰσχύς, ύος, ή, strength, power. ¹⁶ ἐνδύω, put on, clothe. ¹⁷ πανοπλία, ας, ή, full armor, complete armor. ¹⁸ μεθοδεία, ας, ή, scheming, craftiness. ¹⁹ πάλη, ης, ή, struggle, fight. ²⁰ κοσμοκράτωρ, ορος, ό, world ruler, ruler of this world. ²¹ πνευματικός, spiritual. ²² πονηρία, ας, ή, iniquity, wickedness. ²³ ἐπουράνιος, heavenly, celestial. ²⁴ ἀναλαμβάνω, take up, raise. ²⁵ ἀνθίστημι, resist, oppose. ²⁶ κατεργάζομαι, work out, produce. ²⁷ περιζώννυμι, gird, gird round. ²⁸ ὀσφύς, ύος, ή, waist, hip.

ὑμῶν ἐν ἀληθείᾳ, καὶ ἐνδυσάμενοι¹ τὸν θώρακα² τῆς δικαιοσύνης, 15
 καὶ ὑποδησάμενοι³ τοὺς πόδας ἐν ἐτοιμασίᾳ⁴ τοῦ εὐαγγελίου τῆς
 εἰρήνης· ἐπὶ πᾶσιν ἀναλαβόντες⁵ τὸν θυρεὸν⁶ τῆς πίστεως, ἐν ᾧ 16
 δυνήσεσθε πάντα τὰ βέλη⁷ τοῦ πονηροῦ τὰ πεπυρωμένα⁸ σβέσαι.⁹ 17
 Καὶ τὴν περικεφαλαίαν¹⁰ τοῦ σωτηρίου¹¹ δέξασθαι, καὶ τὴν μάχαιραν
 τοῦ πνεύματος, ὃ ἐστὶν ῥῆμα θεοῦ· διὰ πάσης προσευχῆς καὶ 18
 δεήσεως¹³ προσευχόμενοι ἐν παντὶ καιρῷ ἐν πνεύματι, καὶ εἰς αὐτὸ
 τοῦτο ἀγρυπνοῦντες¹⁴ ἐν πάσῃ προσκαρτερήσει¹⁵ καὶ δεήσει¹³ περὶ
 πάντων τῶν ἁγίων, καὶ ὑπὲρ ἑμοῦ, ἵνα μοι δοθῇ λόγος ἐν ἀνοίξει¹⁶ 19
 τοῦ στόματός μου ἐν παρρησίᾳ γνωρίσαι¹⁷ τὸ μυστήριον¹⁸ τοῦ
 εὐαγγελίου, ὑπὲρ οὗ πρεσβεύω¹⁹ ἐν ἀλύσει,²⁰ ἵνα ἐν αὐτῷ 20
 παρρησιάσωμαι,²¹ ὥς δεῖ με λαλῆσαι.

Ἵνα δὲ εἰδῆτε καὶ ὑμεῖς τὰ κατ' ἐμέ, τί πράσσω, πάντα ὑμῖν γνωρίσει¹⁷ 21
 Τυχικὸς²² ὁ ἀγαπητὸς ἀδελφὸς καὶ πιστὸς διάκονος ἐν κυρίῳ· ὃν 22
 ἔπεμψα πρὸς ὑμᾶς εἰς αὐτὸ τοῦτο, ἵνα γνῶτε τὰ περὶ ἡμῶν, καὶ
 παρακαλέσῃ τὰς καρδίας ὑμῶν.

¹ ἐνδύω, put on, clothe. ² θώραξ, ακος, ὁ, breastplate. ³ ὑποδέω, put on my feet. ⁴ ἐτοιμασία, ας, ἡ, readiness, preparation. ⁵ ἀναλαμβάνω, take up, raise. ⁶ θυρεός, οὔ, ὁ, shield, large shield. ⁷ βέλος, ους, τό, arrow, missile. ⁸ πυρώω, burn, am purified by fire. ⁹ σβέννυμι, quench, extinguish. ¹⁰ περικεφαλαία, ας, ἡ, helmet. ¹¹ σωτήριος, saving, bringing salvation. ¹² μάχαιρα, ης, ἡ, sword. ¹³ δεήσις, εως, ἡ, entreaty, prayer. ¹⁴ ἀγρυπνέω, sleepless, watchful. ¹⁵ προσκαρτερήσις, εως, ἡ, perseverance, steadfastness. ¹⁶ ἀνοιξις, εως, ἡ, opening, act of opening. ¹⁷ γνωρίζω, make known, declare. ¹⁸ μυστήριον, ου, τό, secret, mystery. ¹⁹ πρεσβεύω, be an ambassador, am aged. ²⁰ ἄλυσις, εως, ἡ, chain. ²¹ παρρησιάζομαι, speak freely or boldly, speak freely. ²² Τυχικός, οὔ, ὁ, Tychicus.

Εἰρήνη τοῖς ἀδελφοῖς καὶ ἀγάπη μετὰ πίστεως ἀπὸ θεοῦ πατρὸς καὶ 23
κυρίου Ἰησοῦ χριστοῦ. Ἡ χάρις μετὰ πάντων τῶν ἀγαπώντων τὸν 24
κύριον ἡμῶν Ἰησοῦν χριστὸν ἐν ἀφθαρσίᾳ.¹ Ἀμήν.

¹ ἀφθαρσία, ας, ἡ, incorruptibility, immortality.