

Πρὸς Ἐφεσίους

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

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

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 πνευματικῇ ἐν τοῖς ἐπουρανίοις⁴ ἐν

χριστῷ: καθὼς ἐξελέξατο⁵ ἡμᾶς ἐν αὐτῷ πρὸ καταβολῆς⁶ κόσμου, εἶναι **4**

ἡμᾶς ἁγίους καὶ ἀμώμους⁷ κατενώπιον⁸ αὐτοῦ ἐν ἀγάπῃ, προορίσας⁹ **5**

ἡμᾶς εἰς υἰοθεσίαν¹⁰ διὰ Ἰησοῦ 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 ἀπολύτρωσιν¹⁴ **7**

διὰ τοῦ αἵματος αὐτοῦ, τὴν ἄφεσιν¹⁵ τῶν παραπτωμάτων,¹⁶ κατὰ τὸν

πλοῦτον¹⁷ τῆς χάριτος αὐτοῦ, ἧς ἐπερίσσευσεν εἰς ἡμᾶς ἐν πάσῃ σοφίᾳ **8**

καὶ φρονήσει,¹⁸ γνωρίσας¹⁹ ἡμῖν τὸ μυστήριον τοῦ θελήματος αὐτοῦ, **9**

κατὰ τὴν εὐδοκίαν¹¹ αὐτοῦ, ἣν προέθετο²⁰ ἐν αὐτῷ εἰς οἰκονομίαν²¹ τοῦ **10**

πληρώματος²² τῶν καιρῶν, ἀνακεφαλαιώσασθαι²³ τὰ πάντα ἐν τῷ

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. ¹³χαριτώω, bestow favor on, favor highly. ¹⁴ἀπολύτρωσις, εως, ἡ, redemption, deliverance. ¹⁵ἄφεσις, εως, ἡ, release, forgiveness. ¹⁶παράπτωμα, τος, τό, trespass, falling away. ¹⁷πλοῦτος, ου, ὁ, wealth, riches. ¹⁸φρόνησις, εως, ἡ, way of thinking, insight. ¹⁹γνωρίζω, make known, declare. ²⁰προτίθεμαι, purpose, design beforehand. ²¹οἰκονομία, ας, ἡ, stewardship, administration. ²²πλήρωμα, τος, τό, fullness, fulfillment. ²³ἀνακεφαλαιόω, sum up, recapitulate.

χριστῷ, τὰ ἐπὶ τοῖς οὐρανοῖς καὶ τὰ ἐπὶ τῆς γῆς· ἐν αὐτῷ, ἐν ᾧ καὶ 11
 ἐκληρώθημεν¹ προορισθέντες² κατὰ πρόθεσιν³ τοῦ τὰ πάντα
 ἐνεργοῦντος⁴ κατὰ τὴν βουλὴν⁵ τοῦ θελήματος αὐτοῦ, εἰς τὸ εἶναι ἡμᾶς 12
 εἰς ἔπαινον⁶ δόξης αὐτοῦ, τοὺς προηλπικότας⁷ ἐν τῷ χριστῷ· ἐν ᾧ καὶ 13
 ὑμεῖς, ἀκούσαντες τὸν λόγον τῆς ἀληθείας, τὸ εὐαγγέλιον τῆς σωτηρίας
 ὑμῶν, ἐν ᾧ καὶ πιστεύσαντες ἐσφραγίσθητε⁸ τῷ πνεύματι τῆς
 ἐπαγγελίας τῷ ἁγίῳ, ὃς ἐστὶν 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 ὑπὲρ 16
 ὑμῶν, μνησθῆναι¹⁴ ὑμῶν ποιούμενος ἐπὶ τῶν προσευχῶν μου· ἵνα ὁ θεὸς 17
 τοῦ κυρίου ἡμῶν Ἰησοῦ χριστοῦ, ὁ πατὴρ τῆς δόξης, δώῃ ὑμῖν πνεῦμα
 σοφίας καὶ ἀποκαλύψεως,¹⁵ ἐν ἐπιγνώσει¹⁶ αὐτοῦ· πεφωτισμένους¹⁷ τοὺς 18
 ὀφθαλμοὺς τῆς καρδίας ὑμῶν, εἰς τὸ εἰδέναι ὑμᾶς τίς ἐστὶν ἡ ἐλπίς τῆς
 κλήσεως¹⁸ αὐτοῦ, καὶ τίς ὁ πλοῦτος¹⁹ τῆς δόξης τῆς κληρονομίας¹⁰
 αὐτοῦ ἐν τοῖς ἁγίοις, καὶ τί τὸ ὑπερβάλλον²⁰ μέγεθος²¹ τῆς δυνάμεως 19
 αὐτοῦ εἰς ἡμᾶς τοὺς πιστεύοντας, κατὰ τὴν ἐνέργειαν²² τοῦ κράτους²³

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

τῆς ἰσχύος¹ αὐτοῦ ἦν ἐνήργησεν² ἐν τῷ χριστῷ, ἐγείρας αὐτὸν ἐκ τῶν 20
νεκρῶν, καὶ ἐκάθισεν ἐν δεξιᾷ αὐτοῦ ἐν τοῖς ἐπουρανίοις,³ ὑπεράνω⁴ 21
πάσης ἀρχῆς καὶ 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 τοὺς πόδας αὐτοῦ, καὶ αὐτὸν ἔδωκεν 22
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 ἀμαρτίαις, ἐν αἷς 2
ποτὲ περιεπατήσατε κατὰ τὸν αἰῶνα τοῦ κόσμου τούτου, κατὰ τὸν
ἄρχοντα τῆς ἐξουσίας τοῦ ἀέρος,⁹ τοῦ πνεύματος τοῦ νῦν ἐνεργοῦντος²
ἐν τοῖς υἱοῖς τῆς ἀπειθείας·¹⁰ ἐν οἷς καὶ ἡμεῖς πάντες ἀνεστράφημέν¹¹ 3
ποτε ἐν ταῖς ἐπιθυμίαις τῆς σαρκὸς ἡμῶν, ποιοῦντες τὰ θελήματα τῆς
σαρκὸς καὶ τῶν διανοιῶν,¹² καὶ ἤμεν τέκνα φύσει¹³ ὀργῆς, ὡς καὶ οἱ
λοιποί· ὁ δὲ θεός, πλούσιος ὢν ἐν ἐλέει, διὰ τὴν πολλὴν ἀγάπην αὐτοῦ 4
ἦν ἡγάπησεν ἡμᾶς, καὶ ὄντας ἡμᾶς νεκροὺς τοῖς παραπτώμασιν⁸ 5
συνεζωοποίησεν¹⁴ τῷ χριστῷ – χάριτί ἐστε σεσωσμένοι – καὶ 6
συνήγειρεν,¹⁵ καὶ συνεκάθισεν¹⁶ ἐν τοῖς ἐπουρανίοις³ ἐν χριστῷ Ἰησοῦ· 7
ἵνα ἐνδείξῃται¹⁷ ἐν τοῖς αἰῶσιν τοῖς ἐπερχομένοις¹⁸ τὸν ὑπερβάλλοντα¹⁹

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

πλοῦτον¹ τῆς χάριτος αὐτοῦ ἐν χρηστότητι² ἐφ' ἡμᾶς ἐν χριστῷ Ἰησοῦ: 8
 τῇ γὰρ χάριτί ἐστε σεσωσμένοι διὰ τῆς πίστεως, καὶ τοῦτο οὐκ ἐξ ὑμῶν:
 θεοῦ τὸ δῶρον:³ οὐκ ἐξ ἔργων, ἵνα μή τις καυχήσῃται. Αὐτοῦ γάρ 9
 ἐσμεν ποίημα,⁴ κτισθέντες⁵ ἐν χριστῷ Ἰησοῦ ἐπὶ ἔργοις ἀγαθοῖς, οἷς
 προητοίμασεν⁶ ὁ θεός, ἵνα ἐν αὐτοῖς περιπατήσωμεν.
 Διὸ μνημονεύετε⁷ ὅτι ὑμεῖς ποτὲ τὰ ἔθνη ἐν σαρκί, οἱ λεγόμενοι 11
 ἀκροβυστία⁸ ὑπὸ τῆς λεγομένης περιτομῆς ἐν σαρκὶ χειροποιήτου,⁹ ὅτι 12
 ἦτε ἐν τῷ καιρῷ ἐκείνῳ χωρὶς χριστοῦ, ἀπηλλοτριωμένοι¹⁰ τῆς
 πολιτείας¹¹ τοῦ Ἰσραήλ, καὶ ξένοι¹² τῶν διαθηκῶν τῆς ἐπαγγελίας,
 ἐλπίδα μὴ ἔχοντες, καὶ ἄθεοι¹³ ἐν τῷ κόσμῳ. Νυνὶ¹⁴ δὲ ἐν χριστῷ Ἰησοῦ 13
 ὑμεῖς οἱ ποτὲ ὄντες μακρὰν¹⁵ ἐγγὺς ἐγενήθητε ἐν τῷ αἵματι τοῦ χριστοῦ.
 Αὐτὸς γάρ ἐστιν ἡ εἰρήνη ἡμῶν, ὁ ποιήσας τὰ ἀμφότερα¹⁶ ἐν, καὶ τὸ 14
 μεσότοιχον¹⁷ τοῦ φραγμοῦ¹⁸ λύσας, τὴν ἔχθραν¹⁹ ἐν τῇ σαρκὶ αὐτοῦ, τὸν 15
 νόμον τῶν ἐντολῶν ἐν δόγμασιν,²⁰ καταργήσας: ἵνα τοὺς δύο κτίσῃ⁵ ἐν
 ἑαυτῷ εἰς ἓνα καινὸν ἄνθρωπον, ποιῶν εἰρήνην, καὶ ἀποκαταλλάξῃ²¹ 16
 τοὺς ἀμφοτέρους¹⁶ ἐν ἐνὶ σώματι τῷ θεῷ διὰ τοῦ σταυροῦ, ἀποκτείνας
 τὴν ἔχθραν¹⁹ ἐν αὐτῷ: καὶ ἐλθὼν εὐηγγελίσατο εἰρήνην ὑμῖν τοῖς 17

¹ πλοῦτος, ου, ὁ, wealth, riches. ² χρηστότης, ητος, ἡ, goodness, kindness. ³ δῶρον, ου, τό, gift, present. ⁴ ποίημα, τος, τό, work, creation. ⁵ κτίζω, create, form. ⁶ προετοιμάζω, prepare beforehand, predestine. ⁷ μνημονεύω, remember, make mention of. ⁸ ἀκροβυστία, ας, ἡ, uncircumcision, foreskin. ⁹ χειροποίητος, made by hand, done or made with hands. ¹⁰ ἀπαλλοτριόμαι, alienate, estrange. ¹¹ πολιτεία, ας, ἡ, citizenship, citizen body. ¹² ξένος, strange, stranger. ¹³ ἄθεος, without God, godless. ¹⁴ νυνί, now, already. ¹⁵ μακράν, far away. ¹⁶ ἀμφοτέροι, both, both of two. ¹⁷ μεσότοιχον, ου, τό, middle wall, dividing wall. ¹⁸ φραγμός, οὔ, ὁ, wall, fence. ¹⁹ ἐχθρα, ας, ἡ, enmity, hostility. ²⁰ δόγμα, τος, τό, a public decree, ordinance. ²¹ ἀποκαταλλάσσω, reconcile.

μακρὰν¹ καὶ τοῖς ἐγγύς· ὅτι δι' αὐτοῦ ἔχομεν τὴν προσαγωγὴν² οἱ 18
 ἀμφοτέροι³ ἐν ἐνὶ πνεύματι πρὸς τὸν πατέρα. Ἄρα οὖν οὐκέτι ἐστὲ ξένοι 19
 καὶ πάροικοι,⁵ ἀλλὰ συμπολίται⁶ τῶν ἁγίων καὶ οἰκεῖοι⁷ τοῦ θεοῦ, 20
 ἐποικοδομηθέντες⁸ ἐπὶ τῷ θεμελίῳ⁹ τῶν ἀποστόλων καὶ προφητῶν,
 ὄντος ἀκρογωνιαίου¹⁰ αὐτοῦ Ἰησοῦ χριστοῦ, ἐν ᾧ πᾶσα οἰκοδομὴ¹¹ 21
 συναρμολογουμένη¹² αὖξει¹³ εἰς ναὸν ἅγιον ἐν κυρίῳ, ἐν ᾧ καὶ ὑμεῖς 22
 συνοικοδομεῖσθε¹⁴ εἰς κατοικητήριον¹⁵ τοῦ θεοῦ ἐν πνεύματι.

Τούτου χάριν¹⁶ ἐγὼ Παῦλος ὁ δέσμιος¹⁷ τοῦ χριστοῦ Ἰησοῦ ὑπὲρ ὑμῶν 3
 τῶν ἐθνῶν, εἴγε¹⁸ ἠκούσατε τὴν οἰκονομίαν¹⁹ τῆς χάριτος τοῦ θεοῦ τῆς 2
 δοθείσης μοι εἰς ὑμᾶς, ὅτι κατὰ ἀποκάλυψιν²⁰ ἐγνώρισέν μοι τὸ 3
 μυστήριον, καθὼς προέγραψα²¹ ἐν ὀλίγῳ, πρὸς ὃ δύνασθε 4
 ἀναγινώσκοντες νοῆσαι²² τὴν σύνεσίν²³ μου ἐν τῷ μυστηρίῳ τοῦ
 χριστοῦ· ὃ ἐτέραις γενεαῖς οὐκ ἐγνώρισθη τοῖς υἱοῖς τῶν ἀνθρώπων, ὡς 5
 νῦν ἀπεκαλύφθη τοῖς ἁγίοις ἀποστόλοις αὐτοῦ καὶ προφήταις ἐν
 πνεύματι· εἶναι τὰ ἔθνη συγκληρονόμα²⁴ καὶ σύσσωμα²⁵ καὶ συμμετοχα 6
 τῆς ἐπαγγελίας αὐτοῦ ἐν τῷ χριστῷ, διὰ τοῦ εὐαγγελίου, οὗ ἐγενόμην 7
 διάκονος κατὰ τὴν δωρεάν²⁷ τῆς χάριτος τοῦ θεοῦ, τὴν δοθεῖσάν μοι

¹ μακρὰν, far away. ² προσαγωγή, ἤς, ἡ, access, approach. ³ ἀμφοτέροι, both, both of two. ⁴ ξένος, strange, stranger. ⁵ πάροικος, ου, ὁ, alien, stranger. ⁶ συμπολίτης, ου, ὁ, fellow citizen. ⁷ οἰκεῖος, ου, ὁ, household, members of the household. ⁸ ἐποικοδομέω, build upon, build upon a foundation. ⁹ θεμέλιος, ου, ὁ, foundation. ¹⁰ ἀκρογωνιαίος, corner, cornerstone. ¹¹ οἰκοδομή, ἤς, ἡ, building, edification. ¹² συναρμολογέω, fit together. ¹³ αὖξάνω, cause to grow, increase. ¹⁴ συνοικοδομέω, build up together. ¹⁵ κατοικητήριον, ου, τό, dwelling, dwelling-place. ¹⁶ χάριν, in favor of, for the pleasure of. ¹⁷ δέσμιος, ου, ὁ, prisoner, one bound. ¹⁸ εἴγε, if indeed, seeing that. ¹⁹ οἰκονομία, ας, ἡ, stewardship, administration. ²⁰ ἀποκάλυψις, εως, ἡ, revelation, unveiling. ²¹ προγράφω, write before, write previously. ²² νοέω, understand, consider. ²³ σύνεσις, εως, ἡ, understanding, insight. ²⁴ συγκληρονόμος, fellow heir, joint heir. ²⁵ σύσσωμος, of the same body. ²⁶ συμμετοχος, sharing with, partaking with. ²⁷ δωρεά, ας, ἡ, gift, free gift.

κατὰ τὴν ἐνέργειαν¹ τῆς δυνάμεως αὐτοῦ. Ἐμοὶ τῷ ἐλαχιστοτέρῳ² 8
 πάντων ἀγίων ἐδόθη ἡ χάρις αὕτη, ἐν τοῖς ἔθνεσιν εὐαγγελίσασθαι τὸν
 ἀνεξιχνίαστον³ πλοῦτον⁴ τοῦ χριστοῦ, καὶ φωτίσαι⁵ πάντας τίς ἡ 9
 οἰκονομία⁶ τοῦ μυστηρίου τοῦ ἀποκεκρυμμένου⁷ ἀπὸ τῶν αἰώνων ἐν τῷ
 θεῷ τῷ τὰ πάντα κτίσαντι⁸ διὰ Ἰησοῦ χριστοῦ, ἵνα γνωρισθῇ νῦν ταῖς 10
 ἀρχαῖς καὶ ταῖς ἐξουσίαις ἐν τοῖς ἐπουρανίοις⁹ διὰ τῆς ἐκκλησίας ἡ
 πολυποίκιλος¹⁰ σοφία τοῦ θεοῦ, κατὰ πρόθεσιν¹¹ τῶν αἰώνων ἦν 11
 ἐποίησεν ἐν χριστῷ Ἰησοῦ τῷ κυρίῳ ἡμῶν: ἐν ᾧ ἔχομεν τὴν παρρησίαν 12
 καὶ τὴν προσαγωγὴν¹² ἐν πεποιθήσει¹³ διὰ τῆς πίστεως αὐτοῦ. Διὸ 13
 αἰτοῦμαι μὴ ἐκκακεῖν¹⁴ ἐν ταῖς θλίψεσίν μου ὑπὲρ ὑμῶν, ἥτις ἐστὶν
 δόξα ὑμῶν.

Τούτου χάριν¹⁵ κάμπτω¹⁶ τὰ γόνατά¹⁷ μου πρὸς τὸν πατέρα τοῦ κυρίου 14
 ἡμῶν Ἰησοῦ χριστοῦ, ἐξ οὗ πᾶσα πατριὰ¹⁸ ἐν οὐρανοῖς καὶ ἐπὶ γῆς 15
 ὀνομάζεται,¹⁹ ἵνα δῶῃ ὑμῖν, κατὰ τὸν πλοῦτον⁴ τῆς δόξης αὐτοῦ, 16
 δυνάμει κραταιωθῆναι²⁰ διὰ τοῦ πνεύματος αὐτοῦ εἰς τὸν ἔσω²¹
 ἄνθρωπον, κατοικῆσαι τὸν χριστὸν διὰ τῆς πίστεως ἐν ταῖς καρδίαις 17
 ὑμῶν: ἐν ἀγάπῃ ἐρριζωμένοι²² καὶ τεθεμελιωμένοι²³ ἵνα ἐξισχύσητε²⁴ 18

¹ ἐνέργεια, ας, ἡ, operative power, working. ² ἐλαχιστότερος, smallest, least important. ³ ἀνεξιχνίαστος, inscrutable, incomprehensible. ⁴ πλοῦτος, ου, ὁ, wealth, riches. ⁵ φωτίζω, give light, enlighten. ⁶ οἰκονομία, ας, ἡ, stewardship, administration. ⁷ ἀποκρύπτω, hide, conceal. ⁸ κτίζω, create, form. ⁹ ἐπουράνιος, heavenly, celestial. ¹⁰ πολυποίκιλος, many-sided, manifold. ¹¹ πρόθεσις, εως, ἡ, setting forth, purpose. ¹² προσαγωγή, ἡς, ἡ, access, approach. ¹³ πεποίθησις, εως, ἡ, confidence, trust. ¹⁴ ἐκκακέω, am faint, am weary. ¹⁵ χάριν, in favor of, for the pleasure of. ¹⁶ κάμπτω, bend, bow. ¹⁷ γόνυ, ατος, τό, knee. ¹⁸ πατριὰ, ἄς, ἡ, lineage, family. ¹⁹ ὀνομάζω, name, give a name to. ²⁰ κραταιόω, strengthen, confirm. ²¹ ἔσω, within, inside. ²² ῥιζόω, root, fix by the root. ²³ θεμελιόω, lay a foundation, found. ²⁴ ἐξισχύω, be able, be strong enough.

καταλαβέσθαι¹ σὺν πᾶσιν τοῖς ἁγίοις τί τὸ πλάτος² καὶ μῆκος³ καὶ
βάθος⁴ καὶ ὕψος,⁵ γινῶναι τε τὴν ὑπερβάλλουσαν⁶ τῆς γνώσεως ἀγάπην 19
τοῦ χριστοῦ, ἵνα πληρωθῇτε εἰς πᾶν τὸ πλήρωμα⁷ τοῦ θεοῦ.

Τῷ δὲ δυναμένῳ ὑπὲρ πάντα ποιῆσαι ὑπὲρ ἐκπερισσοῦ ὧν αἰτούμεθα ἡ 20
νοοῦμεν,⁸ κατὰ τὴν δύναμιν τὴν ἐνεργουμένην⁹ ἐν ἡμῖν, αὐτῷ ἡ δόξα ἐν 21
τῇ ἐκκλησίᾳ ἐν χριστῷ Ἰησοῦ, εἰς πάσας τὰς γενεὰς τοῦ αἰῶνος τῶν
αἰώνων. Ἀμήν.

Παρακαλῶ οὖν ὑμᾶς ἐγώ, ὁ δέσμιος¹⁰ ἐν κυρίῳ, ἀξίως¹¹ περιπατῆσαι τῆς 4
κλήσεως¹² ἧς ἐκλήθητε, μετὰ πάσης ταπεινοφροσύνης¹³ καὶ πραότητος, 2
μετὰ μακροθυμίας,¹⁵ ἀνεχόμενοι¹⁶ ἀλλήλων ἐν ἀγάπῃ, σπουδάζοντες¹⁷ 3
τηρεῖν τὴν ἐνότητά¹⁸ τοῦ πνεύματος ἐν τῷ συνδέσμῳ¹⁹ τῆς εἰρήνης. Ἐν 4
σῶμα καὶ ἐν πνεῦμα, καθὼς καὶ ἐκλήθητε ἐν μιᾷ ἐλπίδι τῆς κλήσεως¹²
ὑμῶν: εἷς κύριος, μία πίστις, ἐν βάπτισμα,²⁰ εἷς θεὸς καὶ πατὴρ πάντων, 5
ὁ ἐπὶ πάντων, καὶ διὰ πάντων, καὶ ἐν πᾶσιν ἡμῖν. Ἐνὶ δὲ ἐκάστῳ ἡμῶν 7
ἐδόθη ἡ χάρις κατὰ τὸ μέτρον²¹ τῆς δωρεᾶς²² τοῦ χριστοῦ. Διὸ λέγει, 8
Ἀναβὰς εἰς ὕψος⁵ ἠχμαλώτευσεν²³ αἰχμαλωσίαν,²⁴ καὶ ἔδωκεν δόματα²⁵

¹ καταλαμβάνω, overtake, apprehend. ² πλάτος, ους, τό, breadth, width. ³ μῆκος, ους, τό, length. ⁴ βάθος, ους, τό, depth, deep. ⁵ ὕψος, ους, τό, height, heaven. ⁶ ὑπερβάλλω, go beyond, surpass. ⁷ πλήρωμα, τος, τό, fullness, fulfillment. ⁸ νοέω, understand, consider. ⁹ ἐνεργέω, work, effect. ¹⁰ δέσμιος, ου, ὁ, prisoner, one bound. ¹¹ ἀξίως, worthily, in a manner worthy of. ¹² κλήσις, εως, ἡ, (divine) call, invitation. ¹³ ταπεινοφροσύνη, ης, ἡ, lowliness of mind, humility. ¹⁴ πραΰτης, mildness, gentleness. ¹⁵ μακροθυμία, ας, ἡ, long-suffering, patience. ¹⁶ ἀνέχομαι, endure, bear with. ¹⁷ σπουδάζω, hasten, be eager. ¹⁸ ἐνότης, ητος, ἡ, oneness, unity. ¹⁹ σύνδεσμος, ου, ὁ, bond, fetter. ²⁰ βάπτισμα, τος, τό, baptism, rite or ceremony of baptism. ²¹ μέτρον, ου, τό, measure, measuring rod. ²² δωρεά, ᾶς, ἡ, gift, free gift. ²³ αἰχμαλωτεύω, capture, lead captive. ²⁴ αἰχμαλωσία, ας, ἡ, captivity, host of captives. ²⁵ δόμα, τος, τό, present, gift.

τοῖς ἀνθρώποις. Τὸ δέ, Ἀνέβη, τί ἐστὶν εἰ μὴ ὅτι καὶ κατέβη πρῶτον εἰς 9
 τὰ κατώτερα¹ μέρη τῆς γῆς; Ὁ καταβάς, αὐτός ἐστιν καὶ ὁ ἀναβάς 10
 ὑπεράνω² πάντων τῶν οὐρανῶν, ἵνα πληρώσῃ τὰ πάντα. Καὶ αὐτὸς 11
 ἔδωκεν τοὺς μὲν ἀποστόλους, τοὺς δὲ προφήτας, τοὺς δὲ εὐαγγελιστάς,³
 τοὺς δὲ ποιμένας⁴ καὶ διδασκάλους, πρὸς τὸν καταρτισμὸν⁵ τῶν ἁγίων, 12
 εἰς ἔργον διακονίας, εἰς οἰκοδομὴν⁶ τοῦ σώματος τοῦ χριστοῦ: μέχρι⁷ 13
 καταντήσωμεν⁸ οἱ πάντες εἰς τὴν ἐνότητα⁹ τῆς πίστεως καὶ τῆς
 ἐπιγνώσεως¹⁰ τοῦ υἱοῦ τοῦ θεοῦ, εἰς ἄνδρα τέλειον,¹¹ εἰς μέτρον¹² ἡλικίας
 τοῦ πληρώματος¹⁴ τοῦ χριστοῦ: ἵνα μηκέτι¹⁵ ὦμεν νήπιοι,¹⁶ 14
 κλυδωνιζόμενοι¹⁷ καὶ περιφερόμενοι¹⁸ παντὶ ἀνέμῳ τῆς διδασκαλίας,¹⁹
 ἐν τῇ κυβείᾳ²⁰ τῶν ἀνθρώπων, ἐν πανουργίᾳ²¹ πρὸς τὴν μεθοδείαν²² τῆς
 πλάνης:²³ ἀληθεύοντες²⁴ δὲ ἐν ἀγάπῃ αὐξήσωμεν²⁵ εἰς αὐτὸν τὰ πάντα, 15
 ὅς ἐστιν ἡ κεφαλὴ, ὁ χριστός, ἐξ οὗ πᾶν τὸ σῶμα συναρμολογούμενον²⁶ 16
 καὶ συμβιβαζόμενον²⁷ διὰ πάσης ἀφῆς²⁸ τῆς ἐπιχορηγίας,²⁹ κατ'
 ἐνέργειαν³⁰ ἐν μέτρῳ¹² ἐνὸς ἐκάστου μέρους, τὴν αὐξήσιν³¹ τοῦ σώματος
 ποιεῖται εἰς οἰκοδομὴν⁶ ἑαυτοῦ ἐν ἀγάπῃ.

¹ κατώτερος, lower. ² ὑπεράνω, high above (gen), far above. ³ εὐαγγελιστής, οὗ, ὁ, evangelist, bringer of good tidings. ⁴ ποιμήν, ἐνος, ὁ, shepherd. ⁵ καταρτισμός, οὗ, ὁ, equipment, equipping. ⁶ οἰκοδομή, ἧς, ἡ, building, edification. ⁷ μέχρι, until, as far as (gen). ⁸ καταντάω, come to, arrive. ⁹ ἐνότης, ἡ, oneness, unity. ¹⁰ ἐπίγνωσις, ἐως, ἡ, knowledge, discernment. ¹¹ τέλειος, complete, perfect. ¹² μέτρον, ου, τό, measure, measuring rod. ¹³ ἡλικία, ας, ἡ, maturity, age. ¹⁴ πλήρωμα, τος, τό, fullness, fulfillment. ¹⁵ μηκέτι, no longer. ¹⁶ νήπιος, infant, child. ¹⁷ κλυδωνίζομαι, be tossed here and there by waves. ¹⁸ περιφέρω, carry about, carry around. ¹⁹ διδασκαλία, ας, ἡ, teaching, doctrine. ²⁰ κυβεία, ας, ἡ, craftiness, trickery. ²¹ πανουργία, ας, ἡ, cleverness, craftiness. Trickery. ²² μεθοδεία, ας, ἡ, scheming, craftiness. ²³ πλάνη, ἧς, ἡ, wandering, error. ²⁴ ἀληθεύω, speak the truth, say. ²⁵ αὐξάνω, cause to grow, increase. ²⁶ συναρμολογέω, fit together. ²⁷ συμβιβάζω, hold together, instruct. ²⁸ ἀφή, ἧς, ἡ, joint, band. ²⁹ ἐπιχορηγία, ας, ἡ, assistance, provision. ³⁰ ἐνέργεια, ας, ἡ, operative power, working. ³¹ αὐξήσις, ἐως, ἡ, growth, increase.

Τοῦτο οὖν λέγω καὶ μαρτύρομαι¹ ἐν κυρίῳ, μηκέτι² ὑμᾶς περιπατεῖν, 17
καθὼς καὶ τὰ λοιπὰ ἔθνη περιπατεῖ ἐν ματαιότητι³ τοῦ νοῦς⁴ αὐτῶν, 18
ἐσκοτισμένοι⁵ τῇ διανοίᾳ,⁶ ὄντες ἀπηλλοτριωμένοι⁷ τῆς ζωῆς τοῦ θεοῦ
διὰ τὴν ἄγνοιαν⁸ τὴν οὖσαν ἐν αὐτοῖς, διὰ τὴν πώρωσιν⁹ τῆς καρδίας
αὐτῶν: οἵτινες ἀπηλγυνοί¹⁰ ἑαυτοὺς παρέδωκαν τῇ ἀσελγείᾳ,¹¹ εἰς 19
ἐργασίαν¹² ἀκαθαρσίας¹³ πάσης ἐν πλεονεξίᾳ.¹⁴ Ὑμεῖς δὲ οὐχ οὕτως¹⁵ 20
ἐμάθετε τὸν χριστόν, εἴγε¹⁶ αὐτὸν ἠκούσατε καὶ ἐν αὐτῷ ἐδιδάχθητε, 21
καθὼς ἐστὶν ἀλήθεια ἐν τῷ Ἰησοῦ: ἀποθέσθαι¹⁷ ὑμᾶς, κατὰ τὴν 22
προτέραν¹⁸ ἀναστροφὴν,¹⁹ τὸν παλαιὸν²⁰ ἄνθρωπον, τὸν φθειρόμενον²¹
κατὰ τὰς ἐπιθυμίας τῆς ἀπάτης:²² ἀνανεοῦσθαι²³ δὲ τῷ πνεύματι τοῦ 23
νοῦς⁴ ὑμῶν, καὶ ἐνδύσασθαι τὸν καινὸν ἄνθρωπον, τὸν κατὰ θεὸν 24
κτισθέντα²⁴ ἐν δικαιοσύνῃ καὶ ὁσιότητι²⁵ τῆς ἀληθείας.

Διὸ ἀποθέμενοι¹⁷ τὸ ψεῦδος²⁶ λαλεῖτε ἀλήθειαν ἕκαστος μετὰ τοῦ πλησίον 25
αὐτοῦ: ὅτι ἐσμέν ἀλλήλων μέλη. Ὁργίζεσθε²⁸ καὶ μὴ ἁμαρτάνετε: ὁ 26
ἥλιος μὴ ἐπιδυέτω²⁹ ἐπὶ τῷ παροργισμῷ³⁰ ὑμῶν: μηδὲ δίδετε τόπον τῷ 27
διαβόλῳ. Ὁ κλέπτων³¹ μηκέτι² κλεπτέτω:³¹ μᾶλλον δὲ κοπιάτω,³² 28
ἐργαζόμενος τὸ ἀγαθὸν ταῖς χερσίν, ἵνα ἔχη μεταδιδόναι³³ τῷ χρεῖαν

¹ μαρτύρομαι, affirm, testify. ² μηκέτι, no longer. ³ ματαιότης, ητος, ή, vanity, emptiness. ⁴ νοῦς, ό, mind, reasoning faculty. ⁵ σκοτίζω, darken. ⁶ διάνοια, ας, ή, mind, understanding. ⁷ ἀπαλλοτριόομαι, alienate, estrange. ⁸ ἄγνοια, ας, ή, ignorance. ⁹ πώρωσις, εως, ή, hardness, obstinacy. ¹⁰ ἀπαλγέω, become callous, dead to feeling. ¹¹ ἀσελγεία, ας, ή, licentiousness, debauchery. ¹² ἐργασία, ας, ή, profit, business. ¹³ ἀκαθαρσία, ας, ή, uncleanness, impurity. ¹⁴ πλεονεξία, ας, ή, covetousness, avarice. ¹⁵ οὕτως, thus, so. ¹⁶ εἴγε, if indeed, seeing that. ¹⁷ ἀποτίθηναι, put off, lay aside. ¹⁸ πρότερον, formerly, before. ¹⁹ ἀναστροφή, ης, ή, conduct, behavior. ²⁰ παλαιός, old, ancient. ²¹ φθείρω, destroy, corrupt. ²² ἀπάτη, ης, ή, deceit, deceitfulness. ²³ ἀνανεόω, renew, become young again. ²⁴ κτίζω, create, form. ²⁵ ὁσιότης, ητος, ή, piety, holiness. ²⁶ ψεῦδος, ους, τό, lie. ²⁷ πλησίον, near, neighbor (as a noun). ²⁸ ὀργίζω, irritate, provoke. ²⁹ ἐπιδύω, set, go down. ³⁰ παροργισμός, οῦ, ό, irritation, anger. ³¹ κλέπτω, steal. ³² κοπιάω, toil, labor. ³³ μεταδίδωμι, give a share of, share.

ἔχοντι. Πᾶς λόγος σαπρὸς¹ ἐκ τοῦ στόματος ὑμῶν μὴ ἐκπορευέσθω, 29
 ἀλλ' εἴ τις ἀγαθὸς πρὸς οἰκοδομὴν² τῆς χρείας, ἵνα δῶ χάριν τοῖς
 ἀκούουσιν. Καὶ μὴ λυπεῖτε τὸ πνεῦμα τὸ ἅγιον τοῦ θεοῦ, ἐν ᾧ 30
 ἐσφραγίσθητε³ εἰς ἡμέραν ἀπολυτρώσεως.⁴ Πᾶσα πικρία⁵ καὶ θυμὸς⁶ 31
 καὶ ὀργὴ καὶ κραυγὴ⁷ καὶ βλασφημία⁸ ἀρθήτω ἀφ' ὑμῶν, σὺν πάσῃ
 κακίᾳ·⁹ γίνεσθε δὲ εἰς ἀλλήλους χρηστοί,¹⁰ εὖσπλαγχνοι,¹¹ χαριζόμενοι¹² 32
 ἑαυτοῖς, καθὼς καὶ ὁ θεὸς ἐν χριστῷ ἐχαρίσατο¹² ἡμῖν.

Γίνεσθε οὖν μιμηταὶ¹³ τοῦ θεοῦ, ὡς τέκνα ἀγαπητά· καὶ περιπατεῖτε ἐν 5
 ἀγάπῃ, καθὼς καὶ ὁ χριστὸς ἠγάπησεν ἡμᾶς, καὶ παρέδωκεν ἑαυτὸν
 ὑπὲρ ἡμῶν προσφορὰν¹⁴ καὶ θυσίαν τῷ θεῷ εἰς ὁσμὴν¹⁵ εὐωδίας.¹⁶ 3
 Πορνεία δὲ καὶ πᾶσα ἀκαθαρσία¹⁷ ἢ πλεονεξία¹⁸ μηδὲ ὀνομαζέσθω¹⁹ ἐν
 ὑμῖν, καθὼς πρέπει²⁰ ἁγίοις· καὶ αἰσχρότης,²¹ καὶ μωρολογία,²² ἢ 4
 εὐτραπελία,²³ τὰ οὐκ ἀνήκοντα·²⁴ ἀλλὰ μᾶλλον εὐχαριστία.²⁵ Τοῦτο γάρ 5
 ἐστε γινώσκοντες, ὅτι πᾶς πόρνος,²⁶ ἢ ἀκάθαρτος, ἢ πλεονέκτης,²⁷ ὅς
 ἐστὶν εἰδωλολάτρης,²⁸ οὐκ ἔχει κληρονομίαν²⁹ ἐν τῇ βασιλείᾳ τοῦ
 χριστοῦ καὶ θεοῦ. Μηδεὶς ὑμᾶς ἀπατάτω³⁰ κενοῖς³¹ λόγοις· διὰ ταῦτα 6
 γὰρ ἔρχεται ἡ ὀργὴ τοῦ θεοῦ ἐπὶ τοὺς υἱοὺς τῆς ἀπειθείας.³² Μὴ οὖν 7

¹ σαπρὸς, rotten, worthless. ² οἰκοδομή, ἡς, ἡ, building, edification. ³ σφραγίζω, seal, set a seal upon. ⁴ ἀπολύτρωσις, εως, ἡ, redemption, deliverance. ⁵ πικρία, ας, ἡ, bitterness. ⁶ θυμὸς, ου, ὁ, wrath, outburst of passion. ⁷ κραυγὴ, ἡς, ἡ, outcry, crying. ⁸ βλασφημία, ας, ἡ, blasphemy, reproach. ⁹ κακία, ας, ἡ, malice, evil. ¹⁰ χρηστός, good, kind. ¹¹ εὖσπλαγχνος, tender-hearted, merciful. ¹² χαρίζομαι, give freely, forgive. ¹³ μιμητής, οὔ, ὁ, imitator. ¹⁴ προσφορά, ας, ἡ, offering, sacrifice. ¹⁵ ὁσμή, ἡς, ἡ, smell, aroma. ¹⁶ εὐωδία, ας, ἡ, fragrance, sweet smell. ¹⁷ ἀκαθαρσία, ας, ἡ, uncleanness, impurity. ¹⁸ πλεονεξία, ας, ἡ, covetousness, avarice. ¹⁹ ὀνομάζω, name, give a name to. ²⁰ πρέπει, be clearly seen, be fitting. ²¹ αἰσχρότης, ητος, ἡ, shameful, obscenity. ²² μωρολογία, ας, ἡ, foolish or silly talk. ²³ εὐτραπελία, ας, ἡ, coarse jesting, low jesting. ²⁴ ἀνήκω, be fit, be proper. ²⁵ εὐχαριστία, ας, ἡ, thanksgiving, thankfulness. ²⁶ πόρνος, ου, ὁ, fornicator, immoral person. ²⁷ πλεονέκτης, ου, ὁ, covetous or greedy person. ²⁸ εἰδωλολάτρης, ου, ὁ, image worshiper, idolater. ²⁹ κληρονομία, ας, ἡ, inheritance. ³⁰ ἀπατάω, deceive, lead into error. ³¹ κενός, empty, vain. ³² ἀπειθεία, ας, ἡ, disobedience, willful unbelief.

γίνεσθε συμμέτοχοι¹ αὐτῶν· ἦτε γάρ ποτε σκότος, νῦν δὲ φῶς ἐν κυρίῳ· 8
 ὡς τέκνα φωτὸς περιπατεῖτε – ὁ γὰρ καρπὸς τοῦ πνεύματος ἐν πάσῃ 9
 ἀγαθωσύνῃ² καὶ δικαιοσύνῃ καὶ ἀληθείᾳ – δοκιμάζοντες³ τί ἐστὶν 10
 εὐάρεστον⁴ τῷ κυρίῳ· καὶ μὴ συγκοινωνεῖτε⁵ τοῖς ἔργοις τοῖς ἀκάρποις⁶ 11
 τοῦ σκοτούς, μᾶλλον δὲ καὶ ἐλέγχετε·⁷ τὰ γὰρ κρυφῇ⁸ γινόμενα ὑπ’ 12
 αὐτῶν αἰσχρόν⁹ ἐστὶν καὶ λέγειν. Τὰ δὲ πάντα ἐλεγχόμενα⁷ ὑπὸ τοῦ 13
 φωτὸς φανεροῦνται· πᾶν γὰρ τὸ φανερούμενον φῶς ἐστίν. Διὸ λέγει, 14
 Ὁ ἐγείρει ὁ καθεύδων¹⁰ καὶ ἀνάστα ἐκ τῶν νεκρῶν, καὶ ἐπιφάσει¹¹ σοὶ ὁ 15
 χριστός.

Βλέπετε οὖν πῶς ἀκριβῶς¹² περιπατεῖτε, μὴ ὡς ἄσοφοι,¹³ ἀλλ’ ὡς σοφοί,¹⁴ 15
 ἐξαγοραζόμενοι¹⁵ τὸν καιρὸν, ὅτι αἱ ἡμέραι πονηραὶ εἰσιν. Διὰ τοῦτο μὴ 16
 γίνεσθε ἄφρονες,¹⁶ ἀλλὰ συνιέντες τί τὸ θέλημα τοῦ κυρίου. Καὶ μὴ 17
 μεθύσκεσθε¹⁷ οἴνῳ, ἐν ᾧ ἐστὶν ἀσωτία,¹⁸ ἀλλὰ πληροῦσθε ἐν πνεύματι, 18
 λαλοῦντες ἑαυτοῖς ψαλμοῖς¹⁹ καὶ ὕμνοις²⁰ καὶ ᾠδαῖς²¹ πνευματικαῖς, 19
 ᾄδοντες²² καὶ ψάλλοντες²³ ἐν τῇ καρδίᾳ ὑμῶν τῷ κυρίῳ, εὐχαριστοῦντες 20
 πάντοτε ὑπὲρ πάντων ἐν ὀνόματι τοῦ κυρίου ἡμῶν Ἰησοῦ χριστοῦ τῷ 21
 θεῷ καὶ πατρί, ὑποτασσόμενοι ἀλλήλοις ἐν φόβῳ χριστοῦ.

¹ συμμέτοχος, sharing with, partaking with. ² ἀγαθωσύνη, ης, ἡ, goodness. ³ δοκιμάζω, prove, approve. ⁴ εὐάρεστος, well-pleasing, acceptable. ⁵ συγκοινωνέω, have fellowship with, participate. ⁶ ἀκαρπος, unfruitful, barren. ⁷ ἐλέγχω, convict, reprove. ⁸ κρυφῇ, secretly, in secret. ⁹ αἰσχρός, shameful, base. ¹⁰ καθεύδω, sleep. ¹¹ ἐπιφάω, shine upon, give light to. ¹² ἀκριβῶς, carefully, accurately. ¹³ ἄσοφος, unwise, foolish. ¹⁴ σοφός, wise. ¹⁵ ἐξαγοράζω, redeem, make the most of. ¹⁶ ἄφρων, foolish, senseless. ¹⁷ μεθύσκω, make drunk. ¹⁸ ἀσωτία, ας, ἡ, dissipation, debauchery. ¹⁹ ψαλμός, οὗ, ὁ, song of praise, psalm. ²⁰ ὕμνος, ου, ὁ, song of praise, hymn. ²¹ ᾠδή, ἡς, ἡ, song, ode. ²² ᾄδω, sing. ²³ ψάλλω, sing, sing praise.

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 σωτὴρ¹ 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 χριστὸς 25
 ἠγάπησεν τὴν ἐκκλησίαν, καὶ ἑαυτὸν παρέδωκεν ὑπὲρ αὐτῆς· ἵνα 26
 αὐτὴν ἀγιάσῃ, καθαρίσας τῷ λουτρῷ² τοῦ ὕδατος ἐν ῥήματι, ἵνα 27
 παραστήσῃ αὐτὴν ἑαυτῷ ἑνδοξον³ τὴν ἐκκλησίαν, μὴ ἔχουσαν σπῖλον⁴
 ἢ ῥυτίδα⁵ ἢ τι τῶν τοιούτων, ἀλλ' ἵνα ᾖ ἁγία καὶ ἄμωμος.⁶ Οὕτως 28
 ὀφείλουσιν οἱ ἄνδρες ἀγαπᾶν τὰς ἑαυτῶν γυναῖκας ὡς τὰ ἑαυτῶν
 σώματα. Ὁ ἀγαπῶν τὴν ἑαυτοῦ γυναῖκα, ἑαυτὸν ἀγαπᾷ· οὐδεὶς γάρ 29
 ποτε τὴν ἑαυτοῦ σάρκα ἐμίσησεν, ἀλλ' ἐκτρέφει⁷ καὶ θάλπει⁸ αὐτήν,
 καθὼς καὶ ὁ κύριος τὴν ἐκκλησίαν· ὅτι μέλη ἐσμὲν τοῦ σώματος αὐτοῦ, 30
 ἐκ τῆς σαρκὸς αὐτοῦ καὶ ἐκ τῶν ὀστέων⁹ αὐτοῦ. Ἀντὶ¹⁰ τούτου 31
 καταλείψει¹¹ ἄνθρωπος τὸν πατέρα αὐτοῦ καὶ τὴν μητέρα, καὶ
 προσκολληθήσεται¹² πρὸς τὴν γυναῖκα αὐτοῦ, καὶ ἔσονται οἱ δύο εἰς
 σάρκα μίαν. Τὸ μυστήριον τοῦτο μέγα ἐστίν· ἐγὼ δὲ λέγω εἰς χριστὸν 32
 καὶ εἰς τὴν ἐκκλησίαν. Πλὴν καὶ ὑμεῖς οἱ καθ' ἓνα, ἕκαστος τὴν ἑαυτοῦ 33
 γυναῖκα οὕτως ἀγαπάτω ὡς ἑαυτόν· ἡ δὲ γυνὴ ἵνα φοβῇται τὸν ἄνδρα.

¹ σωτήρ, ἥρος, ὁ, savior, deliverer. ² λουτρόν, οὐ, τό, bath, washing. ³ ἑνδοξος, honored, glorious. ⁴ σπῖλος, ου, ὁ, spot, stain. ⁵ ῥυτίς, 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. ¹² προσκολλάω, join closely, cleave to.

Τὰ τέκνα, ὑπακούετε¹ τοῖς γονεῦσιν² ὑμῶν ἐν κυρίῳ· τοῦτο γάρ ἐστιν **6**
 δίκαιον. Τίμα³ τὸν πατέρα σου καὶ τὴν μητέρα ἣτις ἐστὶν ἐντολὴ **2**
 πρώτη ἐν ἐπαγγελίᾳ, ἵνα εὖ⁴ σοι γένηται, καὶ ἔσῃ μακροχρόνιος⁵ ἐπὶ τῆς **3**
 γῆς. Καὶ οἱ πατέρες, μὴ παροργίζετε⁶ τὰ τέκνα ὑμῶν, ἀλλ' ἐκτρέφετε⁷ **4**
 αὐτὰ ἐν παιδείᾳ⁸ καὶ νοουθεσίᾳ⁹ κυρίου.

Οἱ δούλοι, ὑπακούετε¹ τοῖς κυρίοις κατὰ σάρκα, μετὰ φόβου καὶ τρόμου,¹⁰ **5**
 ἐν ἀπλότητι¹¹ τῆς καρδίας ὑμῶν, ὡς τῷ χριστῷ· μὴ κατ' **6**
 ὀφθαλμοδουλείαν¹² ὡς ἀνθρωπάρεσκοι,¹³ ἀλλ' ὡς δούλοι τοῦ χριστοῦ,
 ποιοῦντες τὸ θέλημα τοῦ θεοῦ ἐκ ψυχῆς, μετ' εὐνοίας¹⁴ δουλεύοντες ὡς **7**
 τῷ κυρίῳ καὶ οὐκ ἀνθρώποις· εἰδότες ὅτι ὁ ἐάν τι ἕκαστος ποιήσῃ **8**
 ἀγαθόν, τοῦτο κομιεῖται¹⁵ παρὰ τοῦ κυρίου, εἴτε δούλος, εἴτε ἐλεύθερος.¹⁶
 Καὶ οἱ κύριοι, τὰ αὐτὰ ποιεῖτε πρὸς αὐτούς, ἀνιέντες¹⁷ τὴν ἀπειλήν·¹⁸ **9**
 εἰδότες ὅτι καὶ ὑμῶν αὐτῶν ὁ κύριός ἐστιν ἐν οὐρανοῖς, καὶ
 προσωποληψία¹⁹ οὐκ ἔστιν παρ' αὐτῷ.

Τὸ λοιπόν, ἀδελφοί μου, ἐνδυναμοῦσθε²⁰ ἐν κυρίῳ, καὶ ἐν τῷ κράτει²¹ τῆς **10**
 ἰσχύος²² αὐτοῦ. Ἐνδύσασθε τὴν πανοπλίαν²³ τοῦ θεοῦ, πρὸς τὸ **11**
 δύνασθαι ὑμᾶς στήναι πρὸς τὰς μεθοδείας²⁴ τοῦ διαβόλου. Ὅτι οὐκ **12**

¹ ὑπακούω, obey, listen. ² γονεῖς, ἑως, ὁ, parent. ³ τιμάω, honor, value at a price. ⁴ εὖ, well, well done. ⁵ μακροχρόνιος, long-lived. ⁶ παροργίζω, provoke to anger, exasperate. ⁷ ἐκτρέφω, nourish, rear. ⁸ παιδεία, ας, ἡ, training, discipline. ⁹ νοουθεσία, ας, ἡ, admonition, instruction. ¹⁰ τρόμος, ου, ὁ, trembling, quaking. ¹¹ ἀπλότης, ητος, ἡ, singleness, hence simplicity. ¹² ὀφθαλμοδουλεία, ας, ἡ, service rendered only while the master watches. ¹³ ἀνθρωπάρεσκος, people pleaser. ¹⁴ εὖνοια, ας, ἡ, favor, affection. ¹⁵ κομίζω, receive, bring. ¹⁶ ἐλεύθερος, free, delivered from obligation. ¹⁷ ἀνίημι, give up, loosen. ¹⁸ ἀπειλή, ἡς, ἡ, threat, threatening. ¹⁹ προσωποληψία, ας, ἡ, partiality, favoritism. ²⁰ ἐνδυναμόω, strengthen, empower. ²¹ κράτος, ους, τό, power, dominion. ²² ἰσχύς, ὅς, ἡ, strength, power. ²³ πανοπλία, ας, ἡ, full armor, complete armor. ²⁴ μεθοδεία, ας, ἡ, scheming, craftiness.

ἔστιν ἡμῖν ἡ πάλη¹ πρὸς αἷμα καὶ σάρκα, ἀλλὰ πρὸς τὰς ἀρχάς, πρὸς
 τὰς ἐξουσίας, πρὸς τοὺς κοσμοκράτορας² τοῦ σκοτοῦ τοῦ αἰῶνος
 τούτου, πρὸς τὰ πνευματικὰ τῆς πονηρίας³ ἐν τοῖς ἐπουρανίοις.⁴ Διὰ 13
 τοῦτο ἀναλάβετε⁵ τὴν πανοπλίαν⁶ τοῦ θεοῦ, ἵνα δυνηθῆτε ἀντιστῆναι⁷
 ἐν τῇ ἡμέρᾳ τῇ πονηρᾷ, καὶ ἅπαντα κατεργασάμενοι⁸ στῆναι. Στῆτε 14
 οὖν περιζωσάμενοι⁹ τὴν ὀσφὺν¹⁰ ὑμῶν ἐν ἀληθείᾳ, καὶ ἐνδυσάμενοι τὸν
 θώρακα¹¹ τῆς δικαιοσύνης, καὶ ὑποδησάμενοι¹² τοὺς πόδας ἐν ἐτοιμασίᾳ 15
 τοῦ εὐαγγελίου τῆς εἰρήνης: ἐπὶ πᾶσιν ἀναλαβόντες⁵ τὸν θυρεὸν¹⁴ τῆς 16
 πίστεως, ἐν ᾧ δυνήσεσθε πάντα τὰ βέλη¹⁵ τοῦ πονηροῦ τὰ πεπυρωμένα
 σβέσαι.¹⁷ Καὶ τὴν περικεφαλαίαν¹⁸ τοῦ σωτηρίου¹⁹ δέξασθαι, καὶ τὴν 17
 μάχιραν τοῦ πνεύματος, ὃ ἐστὶν ῥῆμα θεοῦ: διὰ πάσης προσευχῆς καὶ 18
 δεήσεως²⁰ προσευχόμενοι ἐν παντὶ καιρῷ ἐν πνεύματι, καὶ εἰς αὐτὸ
 τοῦτο ἀγρυπνοῦντες²¹ ἐν πάσῃ προσκαρτερήσει²² καὶ δεήσει²⁰ περὶ
 πάντων τῶν ἀγίων, καὶ ὑπὲρ ἑμοῦ, ἵνα μοι δοθῇ λόγος ἐν ἀνοίξει²³ τοῦ 19
 στόματός μου ἐν παρρησίᾳ γνωρίσαι²⁴ τὸ μυστήριον τοῦ εὐαγγελίου, 20
 ὑπὲρ οὗ πρεσβεύω²⁵ ἐν ἀλύσει,²⁶ ἵνα ἐν αὐτῷ παρρησιάσωμαι,²⁷ ὥς δεῖ
 με λαλῆσαι.

¹ πάλη, ης, ἡ, struggle, fight. ² κοσμοκράτωρ, ορος, ὁ, world ruler, ruler of this world. ³ πονηρία, ας, ἡ, iniquity, wickedness. ⁴ ἐπουράνιος, heavenly, celestial. ⁵ ἀναλαμβάνω, take up, raise. ⁶ πανοπλία, ας, ἡ, full armor, complete armor. ⁷ ἀντίστημι, resist, oppose. ⁸ κατεργάζομαι, work out, produce. ⁹ περιζώννυμι, gird, gird round. ¹⁰ ὀσφύς, ὅς, ἡ, waist, hip. ¹¹ θώραξ, ακος, ὁ, breastplate. ¹² ὑποδέω, put on my feet. ¹³ ἐτοιμασία, ας, ἡ, readiness, preparation. ¹⁴ θυρεός, οὔ, ὁ, shield, large shield. ¹⁵ βέλος, ους, τό, arrow, missile. ¹⁶ πυρόω, burn, am purified by fire. ¹⁷ σβέννυμι, quench, extinguish. ¹⁸ περικεφαλαία, ας, ἡ, helmet. ¹⁹ σωτήριος, saving, bringing salvation. ²⁰ δεήσις, εως, ἡ, entreaty, prayer. ²¹ ἀγρυπνέω, sleepless, watchful. ²² προσκαρτερήσις, εως, ἡ, perseverance, steadfastness. ²³ ἀνοίξις, εως, ἡ, opening, act of opening. ²⁴ γνωρίζω, make known, declare. ²⁵ πρεσβεύω, be an ambassador, am aged. ²⁶ ἄλυσις, εως, ἡ, chain. ²⁷ παρρησιάζομαι, speak freely or boldly, speak freely.

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

Τυχικός¹ ὁ ἀγαπητὸς ἀδελφὸς καὶ πιστὸς διάκονος ἐν κυρίῳ· ὃν ἔπεμψα 22

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

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.² Ἀμήν.

¹Τυχικός, οὗ, ὁ, Tychicus. ²ἀφθαρσία, ας, ἡ, incorruptibility, immortality.