

Πρὸς Ἐφεσίους

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

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

καὶ 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 πνευματικῇ ἐν τοῖς

ἐπουρανίοις⁴ ἐν χριστῷ: καθὼς ἐξελέξατο⁵ ἡμᾶς ἐν αὐτῷ πρὸ **4**

καταβολῆς⁶ κόσμου, εἶναι ἡμᾶς ἁγίους καὶ ἀμώμους⁷

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

Ἰησοῦ χριστοῦ εἰς αὐτόν, κατὰ τὴν εὐδοκίαν¹¹ τοῦ θελήματος

αὐτοῦ, εἰς ἔπαινον¹² δόξης τῆς χάριτος αὐτοῦ, ἐν ᾗ ἐχαρίτωσεν¹³ **6**

ἡμᾶς ἐν τῷ ἡγαπημένῳ: ἐν ᾧ ἔχομεν τὴν ἀπολύτρωσιν¹⁴ διὰ τοῦ **7**

αἵματος αὐτοῦ, τὴν ἄφεσιν¹⁵ τῶν παραπτωμάτων,¹⁶ κατὰ τὸν

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

σοφίᾳ καὶ φρονήσει,¹⁸ γνωρίσας ἡμῖν τὸ μυστήριον τοῦ **9**

θελήματος αὐτοῦ, κατὰ τὴν εὐδοκίαν¹¹ αὐτοῦ, ἣν προέθετο¹⁹ ἐν

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 ἁμώμος, 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. ¹⁴ ἀπολύτρωσις, εως, ἡ, redemption, deliverance. ¹⁵ ἄφεσις, εως, ἡ, release, forgiveness. ¹⁶ παράπτωμα, τος, τό, trespass, falling away. ¹⁷ πλοῦτος, ου, ὁ, wealth, riches. ¹⁸ φρόνησις, εως, ἡ, way of thinking, insight. ¹⁹ προτίθεμαι, purpose, design beforehand.

αὐτῷ εἰς οἰκονομίαν¹ τοῦ πληρώματος² τῶν καιρῶν, 10
 ἀνακεφαλαιώσασθαι³ τὰ πάντα ἐν τῷ χριστῷ, τὰ ἐπὶ τοῖς
 οὐρανοῖς καὶ τὰ ἐπὶ τῆς γῆς· ἐν αὐτῷ, ἐν ᾧ καὶ ἐκκληρώθημεν⁴ 11
 προορισθέντες⁵ κατὰ πρόθεσιν⁶ τοῦ τὰ πάντα ἐνεργοῦντος⁷ κατὰ
 τὴν βουλὴν⁸ τοῦ θελήματος αὐτοῦ, εἰς τὸ εἶναι ἡμᾶς εἰς ἔπαινον⁹ 12
 δόξης αὐτοῦ, τοὺς προηλπικότας¹⁰ ἐν τῷ χριστῷ· ἐν ᾧ καὶ ὑμεῖς, 13
 ἀκούσαντες τὸν λόγον τῆς ἀληθείας, τὸ εὐαγγέλιον τῆς σωτηρίας
 ὑμῶν, ἐν ᾧ καὶ πιστεύσαντες ἐσφραγίσθητε¹¹ τῷ πνεύματι τῆς
 ἐπαγγελίας τῷ ἁγίῳ, ὃς ἐστὶν ἀρραβὼν¹² τῆς κληρονομίας¹³ ἡμῶν, 14
 εἰς ἀπολύτρωσιν¹⁴ τῆς περιποιήσεως,¹⁵ εἰς ἔπαινον⁹ τῆς δόξης
 αὐτοῦ.

Διὰ τοῦτο καὶ γὰρ, ἀκούσας τὴν καθ' ὑμᾶς πίστιν ἐν τῷ κυρίῳ Ἰησοῦ 15
 καὶ τὴν ἀγάπην τὴν εἰς πάντας τοὺς ἁγίους, οὐ παύομαι¹⁶ 16
 εὐχαριστῶν ὑπὲρ ὑμῶν, μνεῖαν¹⁷ ὑμῶν ποιούμενος ἐπὶ τῶν
 προσευχῶν μου· ἵνα ὁ θεὸς τοῦ κυρίου ἡμῶν Ἰησοῦ χριστοῦ, ὁ 17
 πατὴρ τῆς δόξης, δώῃ ὑμῖν πνεῦμα σοφίας καὶ ἀποκαλύψῃς,¹⁸
 ἐν ἐπιγνώσει¹⁹ αὐτοῦ· πεφωτισμένους²⁰ τοὺς ὀφθαλμοὺς τῆς 18
 καρδίας ὑμῶν, εἰς τὸ εἰδέναι ὑμᾶς τίς ἐστὶν ἡ ἐλπίς τῆς κλήσεως²¹

¹ οἰκονομία, ας, ἡ, stewardship, administration. ² πλήρωμα, τος, τό, fullness, fulfillment. ³ ἀνακεφαλαιώω, sum up, recapitulate. ⁴ κληρώω, appoint by lot, obtain an inheritance. ⁵ προορίζω, predetermine, foreordain. ⁶ πρόθεσις, εως, ἡ, setting forth, purpose. ⁷ ἐνεργέω, work, effect. ⁸ βουλή, ἡς, ἡ, counsel, purpose. ⁹ ἔπαινος, ου, ὁ, praise, commendation. ¹⁰ προελπίζω, hope before, be the first to hope. ¹¹ σφραγίζω, seal, set a seal upon. ¹² ἀρραβὼν, ὄνος, ὁ, earnest, pledge. ¹³ κληρονομία, ας, ἡ, inheritance. ¹⁴ ἀπολύτρωσις, εως, ἡ, redemption, deliverance. ¹⁵ περιποίησις, εως, ἡ, preservation, acquisition. ¹⁶ παύω, cause to cease. ¹⁷ μνεῖα, ας, ἡ, remembrance, mention. ¹⁸ ἀποκάλυψις, εως, ἡ, revelation, unveiling. ¹⁹ ἐπίγνωσις, εως, ἡ, knowledge, discernment. ²⁰ φωτίζω, give light, enlighten. ²¹ κλήσις, εως, ἡ, (divine) call, invitation.

αὐτοῦ, καὶ τίς ὁ πλοῦτος¹ τῆς δόξης τῆς κληρονομίας² αὐτοῦ ἐν
 τοῖς ἁγίοις, καὶ τί τὸ ὑπερβάλλον³ μέγεθος⁴ τῆς δυνάμεως αὐτοῦ 19
 εἰς ἡμᾶς τοὺς πιστεύοντας, κατὰ τὴν ἐνέργειαν⁵ τοῦ κράτους⁶ τῆς
 ἰσχύος⁷ αὐτοῦ ἣν ἐνήργησεν⁸ ἐν τῷ χριστῷ, ἐγείρας αὐτὸν ἐκ τῶν 20
 νεκρῶν, καὶ ἐκάθισεν ἐν δεξιᾷ αὐτοῦ ἐν τοῖς ἐπουρανίοις,⁹ 21
 ὑπεράνω¹⁰ πάσης ἀρχῆς καὶ ἐξουσίας καὶ δυνάμεως καὶ
 κυριότητος,¹¹ καὶ παντὸς ὀνόματος ὀνομαζομένου¹² οὐ μόνον ἐν
 τῷ αἰῶνι τούτῳ, ἀλλὰ καὶ ἐν τῷ μέλλοντι· καὶ πάντα ὑπέταξεν 22
 ὑπὸ τοὺς πόδας αὐτοῦ, καὶ αὐτὸν ἔδωκεν κεφαλὴν ὑπὲρ πάντα
 τῇ ἐκκλησίᾳ, ἣτις ἐστὶν τὸ σῶμα αὐτοῦ, τὸ πλήρωμα¹³ τοῦ τὰ 23
 πάντα ἐν πᾶσιν πληρουμένου.

Καὶ ὑμᾶς ὄντας νεκροὺς τοῖς παραπτώμασιν¹⁴ καὶ ταῖς ἁμαρτίαις, 2
 ἐν αἷς ποτὲ περιεπατήσατε κατὰ τὸν αἰῶνα τοῦ κόσμου τούτου,
 κατὰ τὸν ἄρχοντα τῆς ἐξουσίας τοῦ ἀέρος,¹⁵ τοῦ πνεύματος τοῦ
 νῦν ἐνεργοῦντος⁸ ἐν τοῖς υἱοῖς τῆς ἀπειθείας¹⁶ ἐν οἷς καὶ ἡμεῖς 3
 πάντες ἀνεστράφημέν¹⁷ ποτε ἐν ταῖς ἐπιθυμίαις τῆς σαρκὸς
 ἡμῶν, ποιοῦντες τὰ θελήματα τῆς σαρκὸς καὶ τῶν διανοιῶν,¹⁸
 καὶ ἤμεν τέκνα φύσει¹⁹ ὀργῆς, ὡς καὶ οἱ λοιποί· ὁ δὲ θεός, 4

¹ πλοῦτος, ου, ὁ, wealth, riches. ² κληρονομία, ας, ἡ, inheritance. ³ ὑπερβάλλω, go beyond, surpass. ⁴ μέγεθος, ους, τό, size, greatness. ⁵ ἐνέργεια, ας, ἡ, operative power, working. ⁶ κράτος, ους, τό, power, dominion. ⁷ ἰσχύς, ὅς, ἡ, strength, power. ⁸ ἐνεργέω, work, effect. ⁹ ἐπουράνιος, heavenly, celestial. ¹⁰ ὑπεράνω, high above (gen), far above. ¹¹ κυριότης, ητος, ἡ, lordship, dominion. ¹² ὀνομάζω, name, give a name to. ¹³ πλήρωμα, τος, τό, fullness, fulfillment. ¹⁴ παράπτωμα, τος, τό, trespass, falling away. ¹⁵ ἀήρ, ος, ὁ, air. ¹⁶ ἀπειθεία, ας, ἡ, disobedience, willful unbelief. ¹⁷ ἀναστρέφω, return, live. ¹⁸ διάνοια, ας, ἡ, mind, understanding. ¹⁹ φύσις, εως, ἡ, nature, inherent nature.

πλούσιος ὢν ἐν ἐλέει, διὰ τὴν πολλὴν ἀγάπην αὐτοῦ ἣν
 ἡγάπησεν ἡμᾶς, καὶ ὄντας ἡμᾶς νεκροὺς τοῖς παραπτώμασιν¹ 5
 συνζωοποίησεν² τῷ χριστῷ – χάριτί ἐστε σεσωσμένοι – καὶ 6
 συνήγειρεν,³ καὶ συνεκάθισεν⁴ ἐν τοῖς ἐπουρανίοις⁵ ἐν χριστῷ
 Ἰησοῦ· ἵνα ἐνδείξῃται⁶ ἐν τοῖς αἰῶσιν τοῖς ἐπερχομένοις⁷ τὸν 7
 ὑπερβάλλοντα⁸ πλοῦτον⁹ τῆς χάριτος αὐτοῦ ἐν χρηστότητι¹⁰ ἐφ’
 ἡμᾶς ἐν χριστῷ Ἰησοῦ· τῇ γὰρ χάριτί ἐστε σεσωσμένοι διὰ τῆς 8
 πίστεως, καὶ τοῦτο οὐκ ἐξ ὑμῶν· θεοῦ τὸ δῶρον·¹¹ οὐκ ἐξ ἔργων, 9
 ἵνα μὴ τις καυχῇσθαι. Αὐτοῦ γὰρ ἐσμεν ποίημα,¹² κτισθέντες¹³ 10
 ἐν χριστῷ Ἰησοῦ ἐπὶ ἔργοις ἀγαθοῖς, οἷς προητοίμασεν¹⁴ ὁ θεός,
 ἵνα ἐν αὐτοῖς περιπατήσωμεν.

Διὸ μνημονεύετε¹⁵ ὅτι ὑμεῖς ποτὲ τὰ ἔθνη ἐν σαρκί, οἱ λεγόμενοι 11
 ἀκροβυστία¹⁶ ὑπὸ τῆς λεγομένης περιτομῆς ἐν σαρκὶ
 χειροποιήτου,¹⁷ ὅτι ἦτε ἐν τῷ καιρῷ ἐκείνῳ χωρὶς χριστοῦ, 12
 ἀπηλλοτριωμένοι¹⁸ τῆς πολιτείας¹⁹ τοῦ Ἰσραήλ, καὶ ξένοι²⁰ τῶν
 διαθηκῶν τῆς ἐπαγγελίας, ἐλπίδα μὴ ἔχοντες, καὶ ἄθεοι²¹ ἐν τῷ
 κόσμῳ. Νυνὶ²² δὲ ἐν χριστῷ Ἰησοῦ ὑμεῖς οἱ ποτὲ ὄντες μακρὰν²³ 13

¹ παράπτωμα, τος, τό, trespass, falling away. ² συζωοποιέω, make alive together with someone. ³ συνεγείρω, raise up with, raise along with. ⁴ συγκαθίζω, cause to sit down together. ⁵ ἐπουράνιος, heavenly, celestial. ⁶ ἐνδείκνυμι, show forth, show. ⁷ ἐπέρχομαι, come to or upon, approach. ⁸ ὑπερβάλλω, go beyond, surpass. ⁹ πλοῦτος, ου, ό, wealth, riches. ¹⁰ χρηστότης, ητος, ή, goodness, kindness. ¹¹ δῶρον, ου, τό, gift, present. ¹² ποίημα, τος, τό, work, creation. ¹³ κτίζω, create, form. ¹⁴ προετοιμάζω, prepare beforehand, predestine. ¹⁵ μνημονεύω, remember, make mention of. ¹⁶ ἀκροβυστία, ας, ή, uncircumcision, foreskin. ¹⁷ χειροποίητος, made by hand, done or made with hands. ¹⁸ ἀπαλλοτριόμαι, alienate, estrange. ¹⁹ πολιτεία, ας, ή, citizenship, citizen body. ²⁰ ξένος, strange, stranger. ²¹ ἄθεος, without God, godless. ²² νυνί, now, already. ²³ μακράν, far away.

ἐγγὺς ἐγενήθητε ἐν τῷ αἵματι τοῦ χριστοῦ. Αὐτὸς γάρ ἐστιν ἡ 14
 εἰρήνη ἡμῶν, ὁ ποιήσας τὰ ἀμφοτέρα¹ ἐν, καὶ τὸ μεσότοιχον² τοῦ
 φραγμοῦ³ λύσας, τὴν ἔχθραν⁴ ἐν τῇ σαρκὶ αὐτοῦ, τὸν νόμον τῶν 15
 ἐντολῶν ἐν δόγμασιν,⁵ καταργήσας: ἵνα τοὺς δύο κτίσῃ⁶ ἐν ἑαυτῷ
 εἰς ἓνα καινὸν ἄνθρωπον, ποιῶν εἰρήνην, καὶ ἀποκαταλλάξῃ⁷ 16
 τοὺς ἀμφοτέρους¹ ἐν ἐνὶ σώματι τῷ θεῷ διὰ τοῦ σταυροῦ,
 ἀποκτείνας τὴν ἔχθραν⁴ ἐν αὐτῷ: καὶ ἐλθὼν εὐηγγελίσαστο 17
 εἰρήνην ὑμῖν τοῖς μακρὰν⁸ καὶ τοῖς ἐγγύς: ὅτι δι' αὐτοῦ ἔχομεν 18
 τὴν προσαγωγὴν⁹ οἱ ἀμφοτέροι¹ ἐν ἐνὶ πνεύματι πρὸς τὸν πατέρα.
 Ἄρα οὖν οὐκέτι ἐστὲ ξένοι¹⁰ καὶ πάροικοι,¹¹ ἀλλὰ συμπολίται¹² 19
 τῶν ἁγίων καὶ οἰκεῖοι¹³ τοῦ θεοῦ, ἐποικοδομηθέντες¹⁴ ἐπὶ τῷ 20
 θεμελίῳ¹⁵ τῶν ἀποστόλων καὶ προφητῶν, ὄντος ἀκρογωνιαίου¹⁶
 αὐτοῦ Ἰησοῦ χριστοῦ, ἐν ᾧ πᾶσα οἰκοδομὴ¹⁷ συναρμολογουμένη 21
 αὖξει¹⁹ εἰς ναὸν ἅγιον ἐν κυρίῳ, ἐν ᾧ καὶ ὑμεῖς συνοικοδομεῖσθε²⁰ 22
 εἰς κατοικητήριον²¹ τοῦ θεοῦ ἐν πνεύματι.

Τούτου χάριν²² ἐγὼ Παῦλος ὁ δέσμιος²³ τοῦ χριστοῦ Ἰησοῦ ὑπὲρ 3

ὑμῶν τῶν ἐθνῶν, εἴγε²⁴ ἡκούσατε τὴν οἰκονομίαν²⁵ τῆς χάριτος 2

¹ ἀμφοτέροι, both, both of two. ² μεσότοιχον, ου, τό, middle wall, dividing wall. ³ φραγμός, ου, ό, wall, fence. ⁴ ἔχθρα, ας, ή, enmity, hostility. ⁵ δόγμα, τος, τό, a public decree, ordinance. ⁶ κτίζω, create, form. ⁷ ἀποκαταλλάσσω, reconcile. ⁸ μακράν, far away. ⁹ προσαγωγή, ής, ή, access, approach. ¹⁰ ξένος, strange, stranger. ¹¹ πάροικος, ου, ό, alien, stranger. ¹² συμπολίτης, ου, ό, fellow citizen. ¹³ οἰκεῖος, ου, ό, household, members of the household. ¹⁴ ἐποικοδομέω, build upon, build upon a foundation. ¹⁵ θεμέλιος, ου, ό, foundation. ¹⁶ ἀκρογωνιαίος, corner, cornerstone. ¹⁷ οἰκοδομή, ής, ή, building, edification. ¹⁸ συναρμολογέω, fit together. ¹⁹ αὖξάνω, cause to grow, increase. ²⁰ συνοικοδομέω, build up together. ²¹ κατοικητήριον, ου, τό, dwelling, dwelling-place. ²² χάριν, in favor of, for the pleasure of. ²³ δέσμιος, ου, ό, prisoner, one bound. ²⁴ εἴγε, if indeed, seeing that. ²⁵ οἰκονομία, ας, ή, stewardship, administration.

τοῦ θεοῦ τῆς δοθείσης μοι εἰς ὑμᾶς, ὅτι κατὰ ἀποκάλυψιν¹ 3
 ἐγνώρισέν μοι τὸ μυστήριον, καθὼς προέγραψα² ἐν ὀλίγῳ, πρὸς δὲ 4
 δύνασθε ἀναγινώσκοντες νοῆσαι³ τὴν σύνεσίν⁴ μου ἐν τῷ
 μυστηρίῳ τοῦ χριστοῦ: ὃ ἐτέραις γενεαῖς οὐκ ἐγνώρισθη⁵ τοῖς 5
 υἱοῖς τῶν ἀνθρώπων, ὡς νῦν ἀπεκαλύφθη τοῖς ἁγίοις ἀποστόλοις
 αὐτοῦ καὶ προφήταις ἐν πνεύματι: εἶναι τὰ ἔθνη συγκληρονόμα⁶ 6
 καὶ σύσσωμα⁷ καὶ συμμετοχα⁸ τῆς ἐπαγγελίας αὐτοῦ ἐν τῷ
 χριστῷ, διὰ τοῦ εὐαγγελίου, οὗ ἐγενόμην διάκονος κατὰ τὴν 7
 δωρεάν⁹ τῆς χάριτος τοῦ θεοῦ, τὴν δοθεῖσάν μοι κατὰ τὴν
 ἐνέργειαν¹⁰ τῆς δυνάμεως αὐτοῦ. Ἐμοὶ τῷ ἐλαχιστοτέρῳ¹¹ 8
 πάντων ἁγίων ἐδόθη ἡ χάρις αὕτη, ἐν τοῖς ἔθνεσιν
 εὐαγγελίσασθαι τὸν ἀνεξιχνίαστον¹² πλοῦτον¹³ τοῦ χριστοῦ, καὶ 9
 φωτίσαι¹⁴ πάντας τίς ἡ οἰκονομία¹⁵ τοῦ μυστηρίου τοῦ
 ἀποκεκρυμμένου¹⁶ ἀπὸ τῶν αἰώνων ἐν τῷ θεῷ τῷ τὰ πάντα
 κτίσαντι¹⁷ διὰ Ἰησοῦ χριστοῦ, ἵνα γνωρισθῇ⁵ νῦν ταῖς ἀρχαῖς καὶ 10
 ταῖς ἐξουσίαις ἐν τοῖς ἐπουρανίοις¹⁸ διὰ τῆς ἐκκλησίας ἡ
 πολυποίκιλος¹⁹ σοφία τοῦ θεοῦ, κατὰ πρόθεσιν²⁰ τῶν αἰώνων ἣν 11
 ἐποίησεν ἐν χριστῷ Ἰησοῦ τῷ κυρίῳ ἡμῶν: ἐν ᾧ ἔχομεν τὴν 12

¹ ἀποκάλυψις, εως, ἡ, revelation, unveiling. ² προγράφω, write before, write previously. ³ νοέω, understand, consider. ⁴ σύνεσις, εως, ἡ, understanding, insight. ⁵ γνωρίζω, make known, declare. ⁶ συγκληρονόμος, fellow heir, joint heir. ⁷ σύσσωμος, of the same body. ⁸ συμμετοχος, sharing with, partaking with. ⁹ δωρεά, ἄς, ἡ, gift, free gift. ¹⁰ ἐνέργεια, ἄς, ἡ, operative power, working. ¹¹ ἐλαχιστότερος, smallest, least important. ¹² ἀνεξιχνίαστος, inscrutable, incomprehensible. ¹³ πλοῦτος, ου, ὁ, wealth, riches. ¹⁴ φωτίζω, give light, enlighten. ¹⁵ οἰκονομία, ἄς, ἡ, stewardship, administration. ¹⁶ ἀποκρύπτω, hide, conceal. ¹⁷ κτίζω, create, form. ¹⁸ ἐπουράνιος, heavenly, celestial. ¹⁹ πολυποίκιλος, many-sided, manifold. ²⁰ πρόθεσις, εως, ἡ, setting forth, purpose.

παρρησίαν καὶ τὴν προσαγωγὴν¹ ἐν πεποιθήσει² διὰ τῆς πίστεως
αὐτοῦ. Διὸ αἰτούμαι μὴ ἐκκακεῖν³ ἐν ταῖς θλίψεσίν μου ὑπὲρ 13
ὑμῶν, ἥτις ἐστὶν δόξα ὑμῶν.

Τούτου χάριν⁴ κάμπτω⁵ τὰ γόνατά⁶ μου πρὸς τὸν πατέρα τοῦ 14
κυρίου ἡμῶν Ἰησοῦ χριστοῦ, ἐξ οὗ πᾶσα πατριὰ⁷ ἐν οὐρανοῖς καὶ 15
ἐπὶ γῆς ὀνομάζεται,⁸ ἵνα δώῃ ὑμῖν, κατὰ τὸν πλοῦτον⁹ τῆς δόξης 16
αὐτοῦ, δυνάμει κραταιωθῆναι¹⁰ διὰ τοῦ πνεύματος αὐτοῦ εἰς τὸν
ἔσω¹¹ ἄνθρωπον, κατοικῆσαι τὸν χριστὸν διὰ τῆς πίστεως ἐν ταῖς 17
καρδίαις ὑμῶν: ἐν ἀγάπῃ ἑρριζωμένοι¹² καὶ τεθεμελιωμένοι¹³ ἵνα 18
ἐξισχύσητε¹⁴ καταλαβέσθαι¹⁵ σὺν πᾶσιν τοῖς ἁγίοις τί τὸ πλάτος¹⁶
καὶ μῆκος¹⁷ καὶ βάθος¹⁸ καὶ ὕψος,¹⁹ γινῶναι τε τὴν 19
ὑπερβάλλουσαν²⁰ τῆς γνώσεως ἀγάπην τοῦ χριστοῦ, ἵνα
πληρωθῆτε εἰς πᾶν τὸ πλήρωμα²¹ τοῦ θεοῦ.

Τῷ δὲ δυναμένῳ ὑπὲρ πάντα ποιῆσαι ὑπὲρ ἐκπερισσοῦ ὧν 20
αἰτούμεθα ἢ νοοῦμεν,²² κατὰ τὴν δύναμιν τὴν ἐνεργουμένην²³ ἐν
ἡμῖν, αὐτῷ ἡ δόξα ἐν τῇ ἐκκλησίᾳ ἐν χριστῷ Ἰησοῦ, εἰς πάσας 21
τὰς γενεὰς τοῦ αἵωνος τῶν αἰώνων. Ἀμήν.

¹ προσαγωγή, ἤς, ἡ, access, approach. ² πεποιθήσις, εὐς, ἡ, confidence, trust. ³ ἐκκακέω, am faint, am weary. ⁴ χάριν, in favor of, for the pleasure of. ⁵ κάμπτω, bend, bow. ⁶ γόνυ, ατος, τό, knee. ⁷ πατριὰ, ᾶς, ἡ, lineage, family. ⁸ ὀνομάζω, name, give a name to. ⁹ πλοῦτος, ου, ὁ, wealth, riches. ¹⁰ κραταιόω, strengthen, confirm. ¹¹ ἔσω, within, inside. ¹² ῥιζόω, root, fix by the root. ¹³ θεμελιόω, lay a foundation, found. ¹⁴ ἐξιχύω, be able, be strong enough. ¹⁵ καταλαμβάνω, overtake, apprehend. ¹⁶ πλάτος, ους, τό, breadth, width. ¹⁷ μῆκος, ους, τό, length. ¹⁸ βάθος, ους, τό, depth, deep. ¹⁹ ὕψος, ους, τό, height, heaven. ²⁰ ὑπερβάλλω, go beyond, surpass. ²¹ πλήρωμα, τος, τό, fullness, fulfillment. ²² νοέω, understand, consider. ²³ ἐνεργέω, work, effect.

Παρακαλῶ οὖν ὑμᾶς ἐγώ, ὁ δέσμιος¹ ἐν κυρίῳ, ἀξίως² περιπατῆσαι 4
 τῆς κλήσεως³ ἣς ἐκλήθητε, μετὰ πάσης ταπεινοφροσύνης⁴ καὶ 2
 πραότητος,⁵ μετὰ μακροθυμίας,⁶ ἀνεχόμενοι⁷ ἀλλήλων ἐν ἀγάπῃ,
 σπουδάζοντες⁸ τηρεῖν τὴν ἐνότητα⁹ τοῦ πνεύματος ἐν τῷ 3
 συνδέσμῳ¹⁰ τῆς εἰρήνης. Ἐν σῶμα καὶ ἐν πνεῦμα, καθὼς καὶ 4
 ἐκλήθητε ἐν μιᾷ ἐλπίδι τῆς κλήσεως³ ὑμῶν: εἷς κύριος, μία 5
 πίστις, ἓν βάπτισμα,¹¹ εἷς θεὸς καὶ πατὴρ πάντων, ὁ ἐπὶ πάντων, 6
 καὶ διὰ πάντων, καὶ ἐν πᾶσιν ἡμῖν. Ἐνὶ δὲ ἐκάστῳ ἡμῶν ἐδόθη ἡ 7
 χάρις κατὰ τὸ μέτρον¹² τῆς δωρεᾶς¹³ τοῦ χριστοῦ. Διὸ λέγει, 8
 Ἀναβὰς εἰς ὕψος¹⁴ ἠχμαλώτευσεν¹⁵ αἰχμαλωσίαν,¹⁶ καὶ ἔδωκεν
 δόματα¹⁷ τοῖς ἀνθρώποις. Τὸ δέ, Ἀνέβη, τί ἐστὶν εἰ μὴ ὅτι καὶ 9
 κατέβη πρῶτον εἰς τὰ κατώτερα¹⁸ μέρη τῆς γῆς; Ὁ καταβάς, 10
 αὐτὸς ἐστὶν καὶ ὁ ἀναβὰς ὑπεράνω¹⁹ πάντων τῶν οὐρανῶν, ἵνα
 πληρῶσῃ τὰ πάντα. Καὶ αὐτὸς ἔδωκεν τοὺς μὲν ἀποστόλους, 11
 τοὺς δὲ προφῆτας, τοὺς δὲ εὐαγγελιστάς,²⁰ τοὺς δὲ ποιμένας²¹ καὶ
 διδασκάλους, πρὸς τὸν καταρτισμὸν²² τῶν ἁγίων, εἰς ἔργον 12
 διακονίας, εἰς οἰκοδομὴν²³ τοῦ σώματος τοῦ χριστοῦ: μέχρι²⁴ 13
 καταντήσωμεν²⁵ οἱ πάντες εἰς τὴν ἐνότητα⁹ τῆς πίστεως καὶ τῆς

¹ δέσμιος, ου, ὁ, prisoner, one bound. ² ἀξίως, worthily, in a manner worthy of. ³ κλήσις, εως, ἡ, (divine) call, invitation. ⁴ ταπεινοφροσύνη, ης, ἡ, lowliness of mind, humility. ⁵ πραΰτης, mildness, gentleness. ⁶ μακροθυμία, ας, ἡ, long-suffering, patience. ⁷ ἀνέχομαι, endure, bear with. ⁸ σπουδάζω, hasten, be eager. ⁹ ἐνότης, ητος, ἡ, oneness, unity. ¹⁰ σύνδεσμος, ου, ὁ, bond, fetter. ¹¹ βάπτισμα, τος, τό, baptism, rite or ceremony of baptism. ¹² μέτρον, ου, τό, measure, measuring rod. ¹³ δωρεά, ᾶς, ἡ, gift, free gift. ¹⁴ ὕψος, ους, τό, height, heaven. ¹⁵ αἰχμαλωτεύω, capture, lead captive. ¹⁶ αἰχμαλωσία, ας, ἡ, captivity, host of captives. ¹⁷ δόμα, τος, τό, present, gift. ¹⁸ κατώτερος, lower. ¹⁹ ὑπεράνω, high above (gen), far above. ²⁰ εὐαγγελιστής, ου, ὁ, evangelist, bringer of good tidings. ²¹ ποιμήν, ἐνος, ὁ, shepherd. ²² καταρτισμός, ου, ὁ, equipment, equipping. ²³ οἰκοδομή, ἡς, ἡ, building, edification. ²⁴ μέχρι, until, as far as (gen). ²⁵ καταντάω, come to, arrive.

ἐπιγνώσεως¹ τοῦ υἱοῦ τοῦ θεοῦ, εἰς ἄνδρα τέλειον,² εἰς μέτρον³
 ἡλικίας⁴ τοῦ πληρώματος⁵ τοῦ χριστοῦ· ἵνα μηκέτι⁶ ὦμεν νήπιοι,⁷ ¹⁴
 κλυδωνιζόμενοι⁸ καὶ περιφερόμενοι⁹ παντὶ ἀνέμῳ τῆς
 διδασκαλίας,¹⁰ ἐν τῇ κυβείᾳ¹¹ τῶν ἀνθρώπων, ἐν πανουργίᾳ¹²
 πρὸς τὴν μεθοδεῖαν¹³ τῆς πλάνης·¹⁴ ἀληθεύοντες¹⁵ δὲ ἐν ἀγάπῃ ¹⁵
 αὐξήσωμεν¹⁶ εἰς αὐτὸν τὰ πάντα, ὃς ἐστὶν ἡ κεφαλὴ, ὁ χριστός, ¹⁶
 ἐξ οὗ πᾶν τὸ σῶμα συναρμολογούμενον¹⁷ καὶ συμβιβαζόμενον¹⁸
 διὰ πάσης ἀφῆς¹⁹ τῆς ἐπιχορηγίας,²⁰ κατ' ἐνέργειαν²¹ ἐν μέτρῳ³
 ἐνὸς ἐκάστου μέρους, τὴν αὐξήσιν²² τοῦ σώματος ποιεῖται εἰς
 οἰκοδομὴν²³ ἑαυτοῦ ἐν ἀγάπῃ.

Τοῦτο οὖν λέγω καὶ μαρτύρομαι²⁴ ἐν κυρίῳ, μηκέτι⁶ ὑμᾶς ¹⁷
 περιπατεῖν, καθὼς καὶ τὰ λοιπὰ ἔθνη περιπατεῖ ἐν ματαιότητι²⁵
 τοῦ νοῦς²⁶ αὐτῶν, ἐσκοτισμένοι²⁷ τῇ διανοίᾳ,²⁸ ὄντες ¹⁸
 ἀπηλλοτριωμένοι²⁹ τῆς ζωῆς τοῦ θεοῦ διὰ τὴν ἄγνοιαν³⁰ τὴν
 οὔσαν ἐν αὐτοῖς, διὰ τὴν πώρωσιν³¹ τῆς καρδίας αὐτῶν· οἵτινες ¹⁹
 ἀπηλγνότες³² ἑαυτοὺς παρέδωκαν τῇ ἀσελγείᾳ,³³ εἰς ἐργασίαν³⁴

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

ἀκαθαρσίας¹ πάσης ἐν πλεονεξία.² Ὑμεῖς δὲ οὐχ οὕτως³ ἐμάθετε 20
 τὸν χριστόν, εἶγε⁴ αὐτὸν ἠκούσατε καὶ ἐν αὐτῷ ἐδιδάχθητε, 21
 καθὼς ἐστὶν ἀλήθεια ἐν τῷ Ἰησοῦ: ἀποθέσθαι⁵ ὑμᾶς, κατὰ τὴν 22
 προτέραν⁶ ἀναστροφὴν,⁷ τὸν παλαιὸν⁸ ἄνθρωπον, τὸν
 φθειρόμενον⁹ κατὰ τὰς ἐπιθυμίας τῆς ἀπάτης:¹⁰ ἀνανεοῦσθαι¹¹ δὲ 23
 τῷ πνεύματι τοῦ νοῦς¹² ὑμῶν, καὶ ἐνδύσασθαι τὸν καινὸν 24
 ἄνθρωπον, τὸν κατὰ θεὸν κτισθέντα¹³ ἐν δικαιοσύνῃ καὶ ὁσιότητι
 τῆς ἀληθείας.

Διὸ ἀποθέμενοί⁵ τὸ ψεῦδος¹⁵ λαλεῖτε ἀλήθειαν ἕκαστος μετὰ τοῦ 25
 πλησίον¹⁶ αὐτοῦ: ὅτι ἐσμὲν ἀλλήλων μέλη. Ὅργιζεσθε¹⁷ καὶ μὴ 26
 ἁμαρτάνετε: ὁ ἥλιος μὴ ἐπιδυέτω¹⁸ ἐπὶ τῷ παροργισμῷ¹⁹ ὑμῶν:
 μὴδὲ δίδοτε τόπον τῷ διαβόλῳ. Ὁ κλέπτων²⁰ μηκέτι²¹ κλεπτέτω: 28
 μᾶλλον δὲ κοπιάτω,²² ἐργαζόμενος τὸ ἀγαθὸν ταῖς χερσίν, ἵνα
 ἔχη μεταδιδόναι²³ τῷ χρεῖαν ἔχοντι. Πᾶς λόγος σαπρὸς²⁴ ἐκ τοῦ 29
 στόματος ὑμῶν μὴ ἐκπορευέσθω, ἀλλ' εἴ τις ἀγαθὸς πρὸς
 οἰκοδομὴν²⁵ τῆς χρείας, ἵνα δῶ χάριν τοῖς ἀκούουσιν. Καὶ μὴ 30
 λυπεῖτε τὸ πνεῦμα τὸ ἅγιον τοῦ θεοῦ, ἐν ᾧ ἐσφραγίσθητε²⁶ εἰς
 ἡμέραν ἀπολυτρώσεως.²⁷ Πᾶσα πικρία²⁸ καὶ θυμὸς²⁹ καὶ ὀργὴ καὶ 31

¹ ἀκαθαρσία, ας, ἡ, uncleanness, impurity. ² πλεονεξία, ας, ἡ, covetousness, avarice. ³ οὕτως, thus, so. ⁴ εἶγε, if indeed, seeing that. ⁵ ἀποτίθηναι, put off, lay aside. ⁶ πρότερον, formerly, before. ⁷ ἀναστροφή, ἡς, ἡ, conduct, behavior. ⁸ παλαιός, old, ancient. ⁹ φθείρω, destroy, corrupt. ¹⁰ ἀπάτη, ἡς, ἡ, deceit, deceitfulness. ¹¹ ἀνανεώω, renew, become young again. ¹² νοῦς, ὁ, mind, reasoning faculty. ¹³ κτίζω, create, form. ¹⁴ ὁσιότης, ἡς, ἡ, piety, holiness. ¹⁵ ψεῦδος, οὗς, τό, lie. ¹⁶ πλησίον, near, neighbor (as a noun). ¹⁷ ὀργίζω, irritate, provoke. ¹⁸ ἐπιδύω, set, go down. ¹⁹ παροργισμός, οὗ, ὁ, irritation, anger. ²⁰ κλέπτω, steal. ²¹ μηκέτι, no longer. ²² κοπιάω, toil, labor. ²³ μεταδίδωμι, give a share of, share. ²⁴ σαπρὸς, rotten, worthless. ²⁵ οἰκοδομή, ἡς, ἡ, building, edification. ²⁶ σφραγίζω, seal, set a seal upon. ²⁷ ἀπολυτρώσις, εως, ἡ, redemption, deliverance. ²⁸ πικρία, ας, ἡ, bitterness. ²⁹ θυμός, ου, ὁ, wrath, outburst of passion.

κραυγῇ¹ καὶ βλασφημίᾳ² ἀρθήτω ἀφ' ὑμῶν, σὺν πάσῃ κακίᾳ·³ 32
 γίνεσθε δὲ εἰς ἀλλήλους χρηστοί,⁴ εὖσπλαγχνοι,⁵ χαριζόμενοι⁶
 ἑαυτοῖς, καθὼς καὶ ὁ θεὸς ἐν χριστῷ ἐχαρίσατο⁶ ἡμῖν.

Γίνεσθε οὖν μιμηταὶ⁷ τοῦ θεοῦ, ὡς τέκνα ἀγαπητά: καὶ περιπατεῖτε 5

ἐν ἀγάπῃ, καθὼς καὶ ὁ χριστὸς ἡγάπησεν ἡμᾶς, καὶ παρέδωκεν
 ἑαυτὸν ὑπὲρ ἡμῶν προσφορὰν⁸ καὶ θυσίαν τῷ θεῷ εἰς ὁσμὴν⁹
 εὐωδίας.¹⁰ Πορνεία δὲ καὶ πᾶσα ἀκαθαρσία¹¹ ἢ πλεονεξία¹² μηδὲ 3
 ὀνομαζέσθω¹³ ἐν ὑμῖν, καθὼς πρέπει¹⁴ ἁγίοις: καὶ αἰσχρότης,¹⁵ καὶ 4
 μωρολογία,¹⁶ ἢ εὐτραπελία,¹⁷ τὰ οὐκ ἀνήκοντα:¹⁸ ἀλλὰ μᾶλλον
 εὐχαριστία.¹⁹ Τοῦτο γάρ ἐστε γινώσκοντες, ὅτι πᾶς πόρνος,²⁰ ἢ 5
 ἀκάθαρτος, ἢ πλεονέκτης,²¹ ὅς ἐστιν εἰδωλολάτρης,²² οὐκ ἔχει
 κληρονομίαν²³ ἐν τῇ βασιλείᾳ τοῦ χριστοῦ καὶ θεοῦ. Μηδεὶς 6
 ὑμᾶς ἀπατάτω²⁴ κενοῖς²⁵ λόγοις: διὰ ταῦτα γὰρ ἔρχεται ἡ ὀργὴ
 τοῦ θεοῦ ἐπὶ τοὺς υἱοὺς τῆς ἀπειθείας.²⁶ Μὴ οὖν γίνεσθε 7
 συμμέτοχοι²⁷ αὐτῶν: ἦτε γάρ ποτε σκότος, νῦν δὲ φῶς ἐν κυρίῳ: 8
 ὡς τέκνα φωτὸς περιπατεῖτε – ὁ γὰρ καρπὸς τοῦ πνεύματος ἐν 9
 πάσῃ ἀγαθωσύνῃ²⁸ καὶ δικαιοσύνῃ καὶ ἀληθείᾳ – δοκιμάζοντες²⁹ 10

¹ κραυγῇ, ἤς, ἡ, outcry, crying. ² βλασφημία, ας, ἡ, blasphemy, reproach. ³ κακία, ας, ἡ, malice, evil. ⁴ χρηστός, good, kind. ⁵ εὖσπλαγχνος, tender-hearted, merciful. ⁶ χαρίζομαι, give freely, forgive. ⁷ μιμητής, οὗ, ὁ, imitator. ⁸ προσφορά, ἁς, ἡ, offering, sacrifice. ⁹ ὁσμή, ἥς, ἡ, smell, aroma. ¹⁰ εὐωδία, ας, ἡ, fragrance, sweet smell. ¹¹ ἀκαθαρσία, ας, ἡ, uncleanness, impurity. ¹² πλεονεξία, ας, ἡ, covetousness, avarice. ¹³ ὀνομάζω, name, give a name to. ¹⁴ πρέπει, be clearly seen, be fitting. ¹⁵ αἰσχρότης, ἡτος, ἡ, shameful, obscenity. ¹⁶ μωρολογία, ας, ἡ, foolish or silly talk. ¹⁷ εὐτραπελία, ας, ἡ, coarse jesting, low jesting. ¹⁸ ἀνήκω, be fit, be proper. ¹⁹ εὐχαριστία, ας, ἡ, thanksgiving, thankfulness. ²⁰ πόρνος, ου, ὁ, fornicator, immoral person. ²¹ πλεονέκτης, ου, ὁ, covetous or greedy person. ²² εἰδωλολάτρης, ου, ὁ, image worshiper, idolater. ²³ κληρονομία, ας, ἡ, inheritance. ²⁴ ἀπατάω, deceive, lead into error. ²⁵ κενός, empty, vain. ²⁶ ἀπειθεία, ας, ἡ, disobedience, willful unbelief. ²⁷ συμμέτοχος, sharing with, partaking with. ²⁸ ἀγαθωσύνη, ἡς, ἡ, goodness. ²⁹ δοκιμάζω, prove, approve.

τί ἐστιν εὐάρεστον¹ τῷ κυρίῳ· καὶ μὴ συγκοινωνεῖτε² τοῖς ἔργοις 11
 τοῖς ἀκάρποις³ τοῦ σκότους, μᾶλλον δὲ καὶ ἐλέγχετε⁴ τὰ γὰρ 12
 κρυφῇ⁵ γινόμενα ὑπ' αὐτῶν αἰσχρόν⁶ ἐστιν καὶ λέγειν. Τὰ δὲ 13
 πάντα ἐλεγχόμενα⁴ ὑπὸ τοῦ φωτὸς φανεροῦται· πᾶν γὰρ τὸ
 φανερούμενον φῶς ἐστίν. Διὸ λέγει, Ὁ ἐπιφαιέτω⁷ καὶ 14
 ἀνάστα ἐκ τῶν νεκρῶν, καὶ ἐπιφαιέσει⁸ σοὶ ὁ χριστός.

Βλέπετε οὖν πῶς ἀκριβῶς⁹ περιπατεῖτε, μὴ ὡς ἄσοφοι,¹⁰ ἀλλ' ὡς 15
 σοφοί,¹¹ ἐξαγοραζόμενοι¹² τὸν καιρόν, ὅτι αἱ ἡμέραι πονηραὶ εἰσιν. 16
 Διὰ τοῦτο μὴ γίνεσθε ἄφρονες,¹³ ἀλλὰ συνιέντες τί τὸ θέλημα 17
 τοῦ κυρίου. Καὶ μὴ μεθύσκεσθε¹⁴ οἴνῳ, ἐν ᾧ ἐστὶν ἀσωτία,¹⁵ ἀλλὰ 18
 πληροῦσθε ἐν πνεύματι, λαλοῦντες ἑαυτοῖς ψαλμοῖς¹⁶ καὶ 19
 ὕμνοις¹⁷ καὶ ᾠδαῖς¹⁸ πνευματικαῖς, ᾄδοντες¹⁹ καὶ ψάλλοντες²⁰ ἐν
 τῇ καρδίᾳ ὑμῶν τῷ κυρίῳ, εὐχαριστοῦντες πάντοτε ὑπὲρ 20
 πάντων ἐν ὀνόματι τοῦ κυρίου ἡμῶν Ἰησοῦ χριστοῦ τῷ θεῷ καὶ
 πατρὶ, ὑποτασσόμενοι ἀλλήλοις ἐν φόβῳ χριστοῦ. 21

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

Αἱ γυναῖκες, τοῖς ἰδίοις ἀνδράσιν ὑποτάσσεσθε, ὡς τῷ κυρίῳ. Ὅτι 22
 ἀνὴρ ἐστὶν κεφαλὴ τῆς γυναικὸς, ὡς καὶ ὁ χριστὸς κεφαλὴ τῆς
 ἐκκλησίας, καὶ αὐτὸς ἐστὶν σωτὴρ¹ τοῦ σώματος. Ἄλλ' ὥσπερ ἡ 24
 ἐκκλησία ὑποτάσσεται τῷ χριστῷ, οὕτως² καὶ αἱ γυναῖκες τοῖς
 ἰδίοις ἀνδράσιν ἐν παντί. Οἱ ἄνδρες, ἀγαπάτε τὰς γυναῖκας 25
 ἑαυτῶν, καθὼς καὶ ὁ χριστὸς ἠγάπησεν τὴν ἐκκλησίαν, καὶ
 ἑαυτὸν παρέδωκεν ὑπὲρ αὐτῆς: ἵνα αὐτὴν ἀγιάσῃ, καθαρίσας τῷ 26
 λουτρῷ³ τοῦ ὕδατος ἐν ῥήματι, ἵνα παραστήσῃ αὐτὴν ἑαυτῷ 27
 ἑνδοξόν⁴ τὴν ἐκκλησίαν, μὴ ἔχουσιν σπίλον⁵ ἢ ῥυτίδα⁶ ἢ τι τῶν
 τοιούτων, ἀλλ' ἵνα ᾦ ἁγία καὶ ἄμωμος.⁷ Οὕτως ὀφείλουσιν οἱ 28
 ἄνδρες ἀγαπᾶν τὰς ἑαυτῶν γυναῖκας ὡς τὰ ἑαυτῶν σώματα. Ὁ
 ἀγαπῶν τὴν ἑαυτοῦ γυναῖκα, ἑαυτὸν ἀγαπᾷ: οὐδεὶς γάρ ποτε τὴν 29
 ἑαυτοῦ σάρκα ἐμίσησεν, ἀλλ' ἐκτρέφει⁸ καὶ θάλπει⁹ αὐτήν,
 καθὼς καὶ ὁ κύριος τὴν ἐκκλησίαν: ὅτι μέλη ἐσμὲν τοῦ σώματος 30
 αὐτοῦ, ἐκ τῆς σαρκὸς αὐτοῦ καὶ ἐκ τῶν ὀστέων¹⁰ αὐτοῦ. Ἀντί¹¹ 31
 τούτου καταλείψει¹² ἄνθρωπος τὸν πατέρα αὐτοῦ καὶ τὴν μητέρα,
 καὶ προσκολληθήσεται¹³ πρὸς τὴν γυναῖκα αὐτοῦ, καὶ ἔσονται οἱ
 δύο εἰς σάρκα μίαν. Τὸ μυστήριον τοῦτο μέγα ἐστίν: ἐγὼ δὲ 32
 λέγω εἰς χριστὸν καὶ εἰς τὴν ἐκκλησίαν. Πλὴν καὶ ὑμεῖς οἱ καθ' 33

¹ σωτήρ, ἥρος, ὁ, savior, deliverer. ² οὕτως, thus, so. ³ λουτρόν, οὐ, τό, bath, washing. ⁴ ἑνδοξος, honored, glorious. ⁵ σπίλος, ου, ὁ, spot, stain. ⁶ ῥυτίς, ἰδος, ἡ, wrinkle, spiritual defect. ⁷ ἄμωμος, without blemish, blameless. ⁸ ἐκτρέφω, nourish, rear. ⁹ θάλπω, cherish, comfort. ¹⁰ ὀστέον, τό, bone. ¹¹ ἀντί, instead of, in place of. ¹² καταλείπω, leave, leave behind. ¹³ προσκολλάω, join closely, cleave to.

ἕνα, ἕκαστος τὴν ἑαυτοῦ γυναῖκα οὕτως ἀγαπάτω ὡς ἑαυτόν· ἡ
δὲ γυνὴ ἵνα φοβῇται τὸν ἄνδρα.

Τὰ τέκνα, ὑπακούετε¹ τοῖς γονεῦσιν² ὑμῶν ἐν κυρίῳ· τοῦτο γάρ 6
ἐστὶν δίκαιον. Τίμα³ τὸν πατέρα σου καὶ τὴν μητέρα ἣτις ἐστὶν 2
ἐντολὴ πρώτη ἐν ἐπαγγελίᾳ, ἵνα εὖ⁴ σοι γένηται, καὶ ἔση 3
μακροχρόνιος⁵ ἐπὶ τῆς γῆς. Καὶ οἱ πατέρες, μὴ παροργίζετε⁶ τὰ 4
τέκνα ὑμῶν, ἀλλ' ἐκτρέφετε⁷ αὐτὰ ἐν παιδείᾳ⁸ καὶ νουθεσίᾳ⁹
κυρίου.

Οἱ δούλοι, ὑπακούετε¹ τοῖς κυρίοις κατὰ σάρκα, μετὰ φόβου καὶ 5
τρόμου,¹⁰ ἐν ἀπλότητι¹¹ τῆς καρδίας ὑμῶν, ὡς τῷ χριστῷ· μὴ 6
κατ' ὀφθαλμοδουλείαν¹² ὡς ἀνθρωπάρεσκοι,¹³ ἀλλ' ὡς δούλοι τοῦ
χριστοῦ, ποιοῦντες τὸ θέλημα τοῦ θεοῦ ἐκ ψυχῆς, μετ' εὐνοίας¹⁴ 7
δουλεύοντες ὡς τῷ κυρίῳ καὶ οὐκ ἀνθρώποις· εἰδότες ὅτι ὁ ἕαν τι 8
ἕκαστος ποιήσῃ ἀγαθόν, τοῦτο κομιέται¹⁵ παρὰ τοῦ κυρίου, εἴτε
δούλος, εἴτε ἐλεύθερος.¹⁶ Καὶ οἱ κύριοι, τὰ αὐτὰ ποιεῖτε πρὸς 9
αὐτούς, ἀνιέντες¹⁷ τὴν ἀπειλήν·¹⁸ εἰδότες ὅτι καὶ ὑμῶν αὐτῶν ὁ
κύριός ἐστιν ἐν οὐρανοῖς, καὶ προσωποληψία¹⁹ οὐκ ἔστιν παρ'

¹ ὑπακούω, obey, listen. ² γονεὺς, 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 νουθεσία, 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 εὐνοια, 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.

αὐτῷ.

Τὸ λοιπόν, ἀδελφοί μου, ἐνδυναμοῦσθε¹ ἐν κυρίῳ, καὶ ἐν τῷ κράτει 10
 τῆς ἰσχύος³ αὐτοῦ. Ἐνδύσασθε τὴν πανοπλίαν⁴ τοῦ θεοῦ, πρὸς 11
 τὸ δύνασθαι ὑμᾶς στῆναι πρὸς τὰς μεθοδείας⁵ τοῦ διαβόλου. 12
 Ὅτι οὐκ ἔστιν ἡμῖν ἡ πάλη⁶ πρὸς αἷμα καὶ σάρκα, ἀλλὰ πρὸς
 τὰς ἀρχάς, πρὸς τὰς ἐξουσίας, πρὸς τοὺς κοσμοκράτορας⁷ τοῦ
 σκότους τοῦ αἰῶνος τούτου, πρὸς τὰ πνευματικὰ τῆς πονηρίας⁸
 ἐν τοῖς ἐπουρανίοις.⁹ Διὰ τοῦτο ἀναλάβετε¹⁰ τὴν πανοπλίαν⁴ τοῦ 13
 θεοῦ, ἵνα δυνηθῆτε ἀντιστῆναι¹¹ ἐν τῇ ἡμέρᾳ τῇ πονηρᾷ, καὶ
 ἅπαντα κατεργασάμενοι¹² στῆναι. Στῆτε οὖν περιζωσάμενοι¹³ 14
 τὴν ὀσφύν¹⁴ ὑμῶν ἐν ἀληθείᾳ, καὶ ἐνδυσάμενοι τὸν θώρακα¹⁵ τῆς
 δικαιοσύνης, καὶ ὑποδησάμενοι¹⁶ τοὺς πόδας ἐν ἐτοιμασίᾳ¹⁷ τοῦ 15
 εὐαγγελίου τῆς εἰρήνης: ἐπὶ πᾶσιν ἀναλαβόντες¹⁰ τὸν θυρεὸν¹⁸ 16
 τῆς πίστεως, ἐν ᾧ δυνήσεσθε πάντα τὰ βέλη¹⁹ τοῦ πονηροῦ τὰ
 πεπυρωμένα²⁰ σβέσαι.²¹ Καὶ τὴν περικεφαλαίαν²² τοῦ σωτηρίου²³ 17
 δέξασθαι, καὶ τὴν μάχαιραν τοῦ πνεύματος, ὃ ἔστιν ῥῆμα θεοῦ: 18
 διὰ πάσης προσευχῆς καὶ δεήσεως²⁴ προσευχόμενοι ἐν παντὶ

¹ ἐνδυναμώω, strengthen, empower. ² κράτος, οὐς, τό, power, dominion. ³ ἰσχύς, ὕος, ἡ, strength, power. ⁴ πανοπλία, ας, ἡ, full armor, complete armor. ⁵ μεθοδεία, ας, ἡ, scheming, craftiness. ⁶ πάλη, ης, ἡ, struggle, fight. ⁷ κοσμοκράτωρ, ορος, ὁ, world ruler, ruler of this world. ⁸ πονηρία, ας, ἡ, iniquity, wickedness. ⁹ ἐπουράνιος, heavenly, celestial. ¹⁰ ἀναλαμβάνω, take up, raise. ¹¹ ἀντίστημι, resist, oppose. ¹² κατεργάζομαι, work out, produce. ¹³ περιζώννυμι, gird, gird round. ¹⁴ ὀσφύς, ὕος, ἡ, waist, hip. ¹⁵ θώραξ, ακος, ὁ, breastplate. ¹⁶ ὑποδέω, put on my feet. ¹⁷ ἐτοιμασία, ας, ἡ, readiness, preparation. ¹⁸ θυρεός, οὔ, ὁ, shield, large shield. ¹⁹ βέλος, οὐς, τό, arrow, missile. ²⁰ πυρόω, burn, am purified by fire. ²¹ σβέννυμι, quench, extinguish. ²² περικεφαλαία, ας, ἡ, helmet. ²³ σωτήριος, saving, bringing salvation. ²⁴ δεήσις, εως, ἡ, entreaty, prayer.

καιρῷ ἐν πνεύματι, καὶ εἰς αὐτὸ τοῦτο ἀγρυπνοῦντες¹ ἐν πάσῃ
 προσκαρτερήσῃ² καὶ δεήσει³ περὶ πάντων τῶν ἁγίων, καὶ ὑπὲρ 19
 ἐμοῦ, ἵνα μοι δοθῇ λόγος ἐν ἀνοίξει⁴ τοῦ στόματός μου ἐν
 παρρησίᾳ γνωρίσαι⁵ τὸ μυστήριον τοῦ εὐαγγελίου, ὑπὲρ οὗ 20
 πρεσβεύω⁶ ἐν ἀλύσει,⁷ ἵνα ἐν αὐτῷ παρρησιάσωμαι,⁸ ὥς δεῖ με
 λαλῆσαι.

Ἵνα δὲ εἰδῆτε καὶ ὑμεῖς τὰ κατ' ἐμέ, τί πράσσω, πάντα ὑμῖν 21
 γνωρίσει⁵ Τυχικός⁹ ὁ ἀγαπητὸς ἀδελφὸς καὶ πιστὸς διάκονος ἐν
 κυρίῳ· ὃν ἔπεμψα πρὸς ὑμᾶς εἰς αὐτὸ τοῦτο, ἵνα γνῶτε τὰ περὶ 22
 ἡμῶν, καὶ παρακαλέσῃ τὰς καρδίας ὑμῶν.

Εἰρήνῃ τοῖς ἀδελφοῖς καὶ ἀγάπῃ μετὰ πίστεως ἀπὸ θεοῦ πατρὸς καὶ 23
 κυρίου Ἰησοῦ χριστοῦ. Ἡ χάρις μετὰ πάντων τῶν ἀγαπώντων 24
 τὸν κύριον ἡμῶν Ἰησοῦν χριστὸν ἐν ἀφθαρσίᾳ.¹⁰ Ἀμήν.

¹ ἀγρυπνέω, sleepless, watchful. ² προσκαρτέρησις, εως, ἡ, perseverance, steadfastness. ³ δεήσις, εως, ἡ, entreaty, prayer. ⁴ ἀνοίξις, εως, ἡ, opening, act of opening. ⁵ γνωρίζω, make known, declare. ⁶ πρεσβεύω, be an ambassador, am aged. ⁷ ἄλυσις, εως, ἡ, chain. ⁸ παρρησιάζομαι, speak freely or boldly, speak freely. ⁹ Τυχικός, οὔ, ὁ, Tychicus. ¹⁰ ἀφθαρσία, ας, ἡ, incorruptibility, immortality.