

Paul's Letter to the Church in Ephesus – Part 2 (c. 60)

Ephesians 4–6

A Call for Unity

4:1 Therefore I, the prisoner in the Lord, exhort you to live in a manner worthy of the calling with which you were called:
 2 with all humility and gentleness, with patience, putting up with one another in love,
 3 being eager to keep the unity of the Spirit in the bond of peace;
 4 one body and one Spirit (just as also you were called with one hope of your calling),
 5 one Lord, one faith, one baptism,
 6 one God and Father of all, who *is* over all, and through all, and in all.

Diversity Within Unity Leads to Maturity

7 Now to each one of us was given this grace, according to the measure of Christ's gift.
 8 Therefore it says,

“Ascending on high he led captivity captive;
 he gave gifts to men.” [\[Ps 68:18\]](#)

9 Now “he ascended,” what is *it*, except that he also descended to the lower regions of the earth?
 10 The one who descended himself is also the one who ascended above all the heavens, in order that he might fill all *things*.
 11 And he himself gave some *as* apostles and some *as* prophets and some *as* evangelists and some *as* pastors and teachers
 12 for the equipping of the saints, for the work of the ministry, for building up the body of Christ,
 13 until we all reach the unity of the faith and the knowledge of the Son of God, to a mature man, to a measure of the maturity of the fullness of Christ,
 14 so that we may no longer be infants, tossed about by waves and carried about by every wind of teaching, by the trickery of people, by craftiness with reference to the scheming of deceit.
 15 But speaking the truth in love, we are to grow into him *with reference to all things*, who is the head, Christ,
 16 from whom the whole body, joined together and held together by every supporting ligament, according to the working by measure of each single part, the growth of the body makes for the building up of itself in love.

Put Off the Old Man (living for sin and self) and Put On the New (living for Christ and holiness)

17 This therefore I say and testify in the Lord, *that* you no longer walk as the Gentiles walk: in the futility of their mind,
 18 being darkened in understanding, alienated from the life of God, because of the ignorance *that* is in them, because of the hardness of their heart,
 19 who, becoming callous, gave themselves over to licentiousness, for the pursuit of all uncleanness in greediness.
 20 But you did not learn Christ in this way,
 21 if indeed you have heard *about* him, and you were taught by him (just as truth is in Jesus),
 22 *that* you take off, according to your former way of life, the old man, who is being destroyed according to deceitful desires,
 23 be renewed in the spirit of your mind,
 24 and put on the new man (in accordance with God), who is created in righteousness and holiness from the truth.

Specific Examples of How to Put Off the Old Man and Put on the New

25 Therefore, putting aside the lie, speak truth each one of you with his neighbor, [\[Zech 8:16\]](#) because we are members of one another.
 26 Be angry and do not sin; [\[Ps 4:4\]](#) do not let the sun set on your anger,
 27 nor give place to the devil.
 28 The one who steals must steal no longer, but instead must labor, working with his own hands *what is* good, so that he may have *something* to share with the one who has need.
 29 No rotten word must proceed from your mouth, but only something good for the building up of the need, in order that it may give grace to those who hear,
 30 and do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.
 31 All bitterness, and rage, and wrath, and clamor, and abusive speech, must be removed from you, together with all wickedness.
 32 Become kind toward one another, compassionate, forgiving one another, just as also God in Christ has forgiven you.
 5:1 Therefore become imitators of God, as beloved children,
 2 and live in love, just as also Christ loved us, and gave himself for us an offering and sacrifice to God for a fragrant smell.

From Darkness to Light—Do What is Pleasing to God

3 But sexual immorality, and all uncleanness, or greediness, must not even be named among you (as is fitting for saints),
 4 and obscenity, and foolish talk, or coarse jesting (which *are* not proper), but rather thanksgiving.

5 For this you know for certain, that every sexually immoral *person*, or unclean *person*, or greedy *person* (who is an idolater), does not have an inheritance in the kingdom of Christ and God.

6 Let no one deceive you with empty words, for because of these *things* the wrath of God is coming on the sons of disobedience.

7 Therefore do not be sharers with them,

8 for you were formerly darkness, but now *you are* light in the Lord. Live like children of light

9 (for the fruit of the light *is* in all goodness and righteousness and truth),

10 trying to learn what is well-pleasing to the Lord.

11 And do not participate in the unfruitful deeds of darkness, but rather even expose *them*.

12 For it is shameful even to speak *about* the things being *done* by them in secret,

13 but all *things* exposed by the light are made visible,

14 for everything made visible is light. Therefore it says,

Wake up, sleeper,
and rise from the dead,
and Christ will shine on you. [cf. [Isa 26:19](#); [60:1–2](#)]

Live Under the Influence of the Holy Spirit

15 Therefore, consider carefully how you live, not as unwise but as wise,

16 making the most of the time because the days are evil.

17 Because of this do not become foolish, but understand what the will of the Lord *is*.

18 And do not be drunk with wine (in which is dissipation), but be filled by the Spirit,

19 speaking to one another in psalms and hymns and spiritual songs, singing and singing praise in your heart to the Lord,

20 giving thanks always for all *things* in the name of our Lord Jesus Christ to the God and Father,

21 being subject to one another out of reverence for Christ

Husbands and Wives—A Physical Illustration of the Union of Christ and the Church

22 —wives to their own husbands as to the Lord,

23 because *the* husband is *the* head of the wife, as also Christ *is the* head of the church (he himself *being the* Savior of the body).

24 But as the church is subject to Christ, thus also wives *should be subject* to their husbands in everything.

25 Husbands, love your wives, just as Christ also loved the church, and gave himself for her;

26 in order that he might sanctify her by cleansing *her* with the washing of water by the word;

27 in order that he might present to himself the church glorious, not having a spot or wrinkle or any such *thing*, but that she may be holy and blameless.

28 Thus also husbands ought to love their own wives as their own bodies. The one who loves his own wife loves himself.

29 For no one ever hated his own flesh, but nourishes and cherishes it, just as also Christ *does* the church,

30 because we are members of his body.

31 “For this *reason* a man will leave his father and mother and be joined to his wife, and the two will become one flesh.” [[Gen 2:24](#)]

32 (This mystery is great, but I am speaking with reference to Christ and the church.)

33 Only you also, each one *of you*, must thus love his own wife as himself, and the wife must respect her husband.

Children and Parents—A Physical Illustration of our Relationship With God

6:1 Children, obey your parents in the Lord, for this is right.

2 “Honor your father and mother” (which is the first commandment with a promise),

3 “in order that it may be well with you, and you may live a long time on the earth.” [[Exod 20:12](#)]

4 And fathers, do not make your children angry, but bring them up in the discipline and instruction of the Lord.

Masters and Slaves—Remember That Christ is Master of All

5 Slaves, obey your earthly masters with fear and trembling, in the sincerity of your heart, as to Christ,

6 not while being watched, as people pleasers, but as slaves of Christ doing the will of God from the heart,

7 serving with goodwill as to the Lord and not to people,

8 *because you* know that each one of you, whatever good he should do, this he will receive back from the Lord, whether slave or free.

9 And masters, do the same *things* to them, giving up threats, knowing that both their Lord and yours is in heaven, and there is no partiality with him.

Spiritual Warfare and the Armor of God

10 Finally, become strong in the Lord and in the might of his strength.

11 Put on the full armor of God, so that you may be able to stand against the stratagems of the devil,

12 because our struggle is not against blood and flesh, but against the rulers, against the authorities, against the world rulers of this darkness, against the spiritual *forces* of wickedness in the heavenly *places*.

13 Because of this, take up the full armor of God, in order that you may be able to resist in the evil day, and having done everything, to stand.

14 Stand therefore, girding your waist with truth, and putting on the breastplate of righteousness,

15 and binding *shoes* under your feet with the preparation of the good news of peace,

16 in everything taking up the shield of faith, with which you are able to quench all the flaming arrows of the evil one,

17 and receive the helmet of salvation, and the sword of the Spirit, which is the word of God,

18 with all prayer and supplication praying at all times in the Spirit, and to this *end* being alert with all perseverance and supplication for all the saints,

19 and for me, that a word may be given to me at the opening of my mouth, to make known with boldness the mystery of the gospel,

20 for the sake of which I am an ambassador in chains, that in them I may speak freely, as it is necessary for me to speak.

Closing Remarks

21 Now, so that you also may know my circumstances, what I am doing, Tychicus, my dear brother and faithful servant in the Lord, will make known to you all *things*,

22 whom I have sent to you for this very *reason*, that you may know our circumstances, and he may encourage your hearts.

23 Peace to the brothers and love with faith, from God the Father and the Lord Jesus Christ.

24 Grace *be* with all who love our Lord Jesus Christ in incorruptibility.

Scripture quotations are from the [Lexham English Bible \(LEB\)](#). Copyright 2012 [Logos Bible Software](#). Lexham is a registered trademark of [Logos Bible Software](#).