PAUL TO THE [EPHESIANS]

CHAPTER 1

1. **Paul, a sent-forth person belonging to Jesus Christ** (or: an emissary and representative pertaining to Jesus, [the] Anointed One) **through and by means of God's will** (resolve; determined purpose; resultant choice), **to all those who continue being set-apart folks** (or: holy ones; saints) [other MSS add: within Ephesus], **as well as to believing folks** (or: trusting and loyal people) **within, and in union with, Christ Jesus:**
2. **Grace** (or: Favor) **and peace** (or: harmony; [= shalom]) **to you** (or: [are] in and with you folks) **from God, our Father and Lord, Jesus Christ** (or: from our Father-God, even the Owner, Jesus [the Messiah]; or: from God, our Father, and the Lord Jesus Christ)**.**
3. **Characterized by and full of thoughts of well-being, good words and messages of ease** (or: Worthy of being spoken well of) **[is] the God and Father of our Lord, Jesus Christ – the One speaking Good to** (or: blessing; expressing thoughts of well-being to) **us within every spiritual good word** (or: thought of well-being and blessing having the qualities of the Breath-effect) **within the things situated upon the heavens** (or: in the midst of the phenomena upon the atmospheres; [participating] in the full, perfected heavenlies; in union with the celestials) **resident within, and in union with, Christ** ([the] Anointed One),

> (or, taking *eulogetos* in apposition with a predicative force: The God and Father of our Owner, Jesus [the] Anointed One, [has] the qualities of a Word of goodness. He [is] the One speaking goodness, ease and well-being [to] us in every thought, word and expression of goodness which embodies the qualities of [the] Breath-effect resident within the superimposed atmospheres within the midst of Christ, and in union with [His] anointing,)

4**. even as He chose us out** (or: selects and picks us out), **within** (or: in union with) **Him, before [the]** (or: prior to a) **casting down** (or: a laying of the foundation; a conception) **of [the] ordered system** (world; universe; cosmic order), **[for] us to continuously be set-apart ones** (or: to progressively exist being sacred and holy people) **and flawless folks** (people without stain; blameless ones) **in His sight and presence** (or: in the midst of the sphere of His gaze) **in union with love.** [or, putting this last phrase at the beginning of vs. 5:]
5. **In love marking us out beforehand** (or: definitively appointing us in advance; before-setting our boundaries and defining us, with a designation) **[directing us] into sonship** (the position of a matured son who has authority and responsibility in the household), **through and by means of Jesus Christ – [moving us] into Himself, according to** (or: down from; in correspondence with; following the pattern of) **the good thought and intention of well-being** (or: delight) **of His will** (determined purpose),

6. **unto praise of His grace's glory** (or: [leading] into [the] praise of [the] reputation of His favor) **with which He graced us** (or: favors and gifts us with grace) **within the One having been, and continuing being, loved**

(or: the Beloved One; or: the One having been given and now expressing the essence and qualities of love; [some MSS: within His beloved Son]),

7. **within and in union with Whom we continuously have** (hold; possess) **the redemption** (the release into freedom procured by the payment of a ransom; the liberation from our predicament) **through His blood – the sending away** (causing to flow off; forgiveness; dismissal) **of the fallings-aside** (the stumblings by the side; wrong steps; offences; transgressions), **in accordance with** (or: down from; corresponding to; in keeping with; to the level of) **the riches** (or: wealth) **of His grace and joyous favor,**

8. **which He caused to superabound around unto us** (or: which He makes to be more than enough into us; which He excessively supplied and then lavishes into us) **within and in union with all wisdom** (or: in every wise thing) **and thoughtful prudence** (gut-intelligence; mindful purpose; considered understanding),

9. **making known to us** (acquainting us by intimate experiential knowledge; suddenly making us to realize) **the secret** (mystery; hidden knowledge) **of His will** (determined purpose; resolve) **– in accord with** (or: down from and following the pattern of; corresponding to; in line with) **His good thought which He before placed within Himself**

(or: His pleasing imagination and intent of well-being which He designed beforehand and determined by setting it forth within Himself),

10. **into an administration of that which fills up the seasons**

(or: unto a dispensing of the entire contents of the opportune situations; [leading] into a house-law of the full measure of the fitting situations and a management of the household of the complement of the seasons; into an administration of the fullness of the eras), **to itself bring back all things** (or: the whole) **up under one Head** (or: to bring back to and gather round the main point of all things) **within and in union with the Christ: the things upon** [other MSS: within] **the heavens** (or: the atmospheres) **and the things upon the land** (earth) **– within and in union with Him!**

11**. In and in union with Whom we were** (or: are) **also chosen** (or: appointed) **by lot** (or: were made an allotted portion; received an inheritance), **being previously marked out** (or: being before designated) **in keeping with** (or: down from; corresponding to; in accord with) **a before-placed** (or: predetermined by setting forth) **design of the One continuously operating** (effecting; energizing) **all things** (or: the whole) **in accord with** (or: down from; in correspondence to) **the purpose** (intent; design; plan; determined counsel) **of His will** (resolve),

12**. into the [situation for] us to continuously be** (or: exist) **[oriented and moving] into [the] praise of His glory – [we] being the ones having before placed expectation** (or: the folks who have continued hoping in advance [of others]) **within the Christ – and who have left our expectation there.**

13**. Within and in union with Whom you also, upon hearing the Word of the Truth** (or: the thought and idea of Reality; the message of the Logos) **– the good news** (the message of goodness, ease and well-being) **of your** [other MSS: of our] **deliverance** (rescue; return to health and wholeness; salvation) **– within and in union with Whom also, upon trusting and believing, you are stamped** (or: were sealed; marked with a signet ring; = personally authorized) **by the set-apart Breath-effect** (or: Holy Spirit) **of The Promise** (or: with the attitude of assurance; in the sacred essence of the promise)
14. **– Which is continuously a pledge** (or: Who remains being an earnest payment and security – the first installment) **of our inheritance** (portion acquired by lot) **– into a redemption** (a release into freedom procured by the payment of a ransom) **from that which was made to surround [us]** (or: the acquisition; or: that which has been constructed as a perimeter around [us]), **[leading] into the praise of His glory** (or: His manifestation which calls forth praise and which yields a good reputation)**!**

15**. On account of this, I also** (or: even I) **– on hearing of, with reference to you** (or: springing forth from you folks), **the faith, trust and loyalty within, and in union with, [the] Lord Jesus, as well as the love [being dispersed] unto all the folks set apart** (holy ones; saints) **–**
16. **do not pause** (or: cease; stop myself) **in continuously giving thanks over you** (or: speaking good favor on your behalf; or: expressing the well-being of grace because of your [situation or condition]), **constantly making mention** (constructing a recollection; producing for myself a mental image) **upon the [occasions] of my speaking and thinking toward wellness and goodness** (or: imparted desires; prayers),
17**. to the end that the God of** (or: pertaining to; or, reading the genitive as in apposition: Who is) **our Lord Jesus Christ, the Father of the Glory, might give** (suddenly impart) **to you a spirit** (or: breath-effect; attitude) **of wisdom and revelation** (unveiling; uncovering; disclosure) **within the midst of a full, experiential and intimate knowledge of Himself**

(or: in a full realization of Him; or: within and in union with His full, personal knowledge; or: an added insight which is Him),

18**. the eyes of your heart** (= the insights and perceptions of the core of your being) **having continued being enlightened** (or: illuminated) **into the [situation for] you folks to have seen and thus perceive and know what is the expectation** (or: hope) **of His calling** (belonging to His summons; the invitation which is Him) **and what [is] the riches** (wealth) **of the glory of His inheritance** (acquisition by lot) **within and in union with the set-apart (holy) people,**
19. **and further, what [is] the continually surpassing** (constantly transcendent; repeatedly overshooting and thrown beyond) **greatness of His ability and power [being given] into us – the people continuously believing and progressively trusting – in accord with** (or: down from; corresponding to) **the operation** (or: energizing; internal working) **of force** (or: might) **of His strength,**

20. **which is operative** (or: which He exerted and inwardly worked) **within the Christ** (the Anointed One; = the Messiah), **awakening and raising Him forth from out of the midst of dead folks and then seating Him within** (or: = at) **His right [hand]** (or: in union with the place of honor, strength and receiving – which is Him), **within the things** (or: among the folks, places or realms) **situated upon the heavens**

(or: in the super-heavenlies; within the full, perfected heavenlies; in union with the celestials; among the folks [residing] upon the atmospheres),

21. **up over** (or: back above) **every primacy** (or: ruler; principality; government; controlling effect; or: beginning; origin) **and authority** (or: right and privilege) **and power** (or: ability) **and lordship** (or: ownership), **as well as every name being continually named – not only within this age, but also within the impending one** (the one being presently about to come) **–**

22. **and then placed and aligned all people in humbleness under His feet**

(or: and arranges everyone in a supportive position by His feet; or: then by the feet – which are Him – He subjects all things), **and yet gives** (or: gave) **Him, [as] a Head** (or: source; origin and beginning of a series; or: extreme and top part) **over all people and everything, for the called-out community**

(or: and as a Head over all humanity, gave Him to the summoned and gathered assembly),

23. **which is His body, the result of the filling from, and which is, the One Who is constantly filling all things within all humanity**

(or: which continues existing being His body: the resultant fullness, entire content and full measure of Him [Who is] progressively making full and completing all things in union with all things, as well as constantly filling the whole, in all people).

CHAPTER 2

1**. And you folks [who were] continuously existing being dead ones by** (or: to; with; for; in) **your stumblings aside** (offences; wrong steps) **and failures to hit the mark** (or: mistakes; errors; times of falling short; sins)

2**. – within the midst of and in union with which things you once walked about** (= lived your lives) **in accord** (or: in keeping; corresponding) **with** (or: as directed by) **the age of this ordered System** (or: down through the time period of this world of culture, religion and government), **in line with the primary directive of the right and privilege of air: the Breath-effect of the One at the present time continuously operating within the sons of The Disobedience**

(or: down under the controlling aspect of the authority of "the blowing" – of the Spirit of the One now progressively working internally in union with people having the character and qualities of incompliance;
or: in correlation to the chief and leader of the privilege which comes from blowing: the attitude which expresses a lack of persuasion, or of not being convinced, which repeatedly energizes at the present time;
or: in keeping with the one in first position with regard to the right concerning the atmosphere – the attitude now habitually effecting inward

action within the midst of people displaying non-conviction),
3. **immersed among which folks we all also were once twisted up** (or: entangled; overturned; upset) **within the cravings** (lusts; full longings and desires) **of our flesh** (= the estranged human nature, or the alienated self), **continually doing the will** (or: producing the intentions) **of the flesh** (= our existence while in bondage), **and of the divided thoughts and things passing through the mind. Furthermore, we were continuously existing in essence** (in natural condition; by instinct) **being children of natural impulse** (natural disposition; inherent fervor and swelling passion; teeming desire; or: anger; wrath) **even as** (or: as also) **the rest** (the remaining ones) **[were].**

4**. But God, continuously being rich** (wealthy) **in mercy, because of His vast** (much; great in magnitude and quantity; outstretched; long-lasting; repeated) **Love in** (or: with) **which He focused love on** (or: loves) **us** [*p*46 reads: had mercy on us],
5. **even us, being continuously dead ones by** (or: in; to; for) **the stumblings aside** (wrong steps; offences)
[*p*46 reads: ... in (to; by) the bodies; other MSS: by the failure(s) to hit the mark (sin/sins); B reads: within the stumblings aside and the cravings (lusts)] **He made alive together by** (or: joins us in common life with and in; [*p*46, B: within; in union with]) **the Christ – by Grace and joyous favor you continually exist, being folks having been delivered** (rescued and saved, so that you are now safe; made whole)**! –**
6. **and He jointly roused and raised** (or: suddenly awakens and raises) **[us] up, and caused [us] to sit** (or: seats [us]) **together within the things situated upon** [thus, above] **the heavens**
(or: in union with the full, perfected heavenlies; or, although neuter: among those comprising the complete and perfected heavenlies; among the ones [residing] upon the atmospheres; in union with the celestials) **within and in union with Christ Jesus,**
7. **to the end that within continuously oncoming ages** (the indefinite time periods continually coming upon and overtaking [us]) **He may exhibit** (display; point out; give proof of) **the continuously transcending** (being cast beyond; overshooting) **riches** (wealth) **of His grace and favor, in useful goodness** (beneficial kindness) **[flooding] upon us, within Christ Jesus** (or: in union with [the] Anointed Jesus).

8. **For by (**or: to; in; for; with) **the grace and joyous favor you are** (you continuously exist being) **folks having been delivered** (rescued; kept safe; saved; made whole; restored to your original state and condition) **so as to now be enjoying salvation through** [some MSS add: the] **faith** (or: trust; confidence), **and this not forth from out of you folks, [it is] the gift of God** (or: the gift which is God; or: the gift whose source is God),
9. **not out of works** (or: not forth from the midst of actions or deeds done; = not self-produced), **to the end that no one could boast,**

10. **for you see, we are** (we continually exist being) **the result of His work** (or: His creation; the thing He has constructed; what He did; His achievement; His opus; the effect of His Deed)**: folks being reduced from a state of disorder and wildness** (people being built, framed, founded, created), **within and in union with Christ Jesus, upon good works** (virtuous actions; excellent deeds) **which God made** (or: makes) **ready** (prepared; or: prepares) **beforehand, to the end that we may walk about** (= live our lives) **within and in union with them.**

11. **On which account** (or: Wherefore) **you must continuously call to mind** (or: keep in mind; remember) **that once you, the nations** (multitudes; ethnic groups; Gentiles; non-Israelites) **in flesh** (= in your physical beings and cultural heritages) **the ones habitually termed** (spoken of as; called; said to be) **"uncircumcision" by the one habitually being termed "circumcision," in flesh** (= in body and culture/religion)**: made by hand,**
12. **that** (or: because) **you were, and continued on being, for that season** (or: in that appointed situation) **apart from Christ** ([the] Anointed One; = [the] Messiah)**: people having been alienated from the state of being a citizen** (or: estranged from citizenship in the commonwealth) **of Israel and [being] strangers** (foreigners) **pertaining to the arrangements of** (or: covenants whose origin is) **The Promise** (or the assurance), **continually having no expectation** (or: hope), **and [were] folks without God** (or: godless; atheists) **within the ordered System** (world of culture, religion and governments).

13. **But now, within and in union with Christ Jesus, you – the folks once being** (continuously existing) **far off** (or: at a distance) **– came to be** (were birthed; are generated; are suddenly become) **near, immersed within and in union with the blood of the Christ** (the Anointed One).

14**. For He Himself is our Peace** (or: continuously exists being our harmony [= Shalom]) **– the One making** (forming; constructing) **The Both [to be] one, and within His flesh** (= physical being which experienced death on the cross) **is instantly destroying** (unbinding; unfastening; loosing; razing; causing to collapse) **the middle wall of the fenced enclosure** (or: the partition wall which is a barrier)**: the enmity** (cause of hate; characteristics of an enemy; hostility),
15. **rendering useless** (nullifying; rendering down in accord with inactivity and unemployment) **the Law** ([= the Torah]; or: the custom) **of the implanted goal** (impartation of the finished product within; inward directive) **consisting in decrees** (or: prescribed ordinances), **to the end that He may frame** (create; found; reduce from a state of wildness and disorder) **The Two into One New** [*p*46 & others: common] **Man** (or: mankind; humanity) **within the midst of, and in union with, Himself, continuously making** (forming; constructing; creating) **Peace** (or: harmony; [= shalom]);
16. **and then should fully transfer from a certain state to another which is quite different** (or: make completely other while moving away from what existed; or: fully reconcile) **The Both within One Body – by God through the cross** (or:

in, to and for God, through the execution stake) **– within Himself killing the enmity** (or: hatred; characteristics of an enemy).

17**. And so upon coming, He brings goodness and proclaims as good news** (or: as a message of ease and wellbeing), **Peace** (harmony; lack of discord; [= shalom]) **to you, the folks far off, and Peace** [= shalom] **to the people nearby,**
18. **that** (or: because) **through Him we both continuously have** (hold and possess) **the procurement of access** (conduct toward the presence; admission, being led), **within one Spirit** (or: in union with one Breath-effect), **to** (or: toward; face to face with) **the Father.**

19. **Consequently, then** (or: Thereupon), **you folks no longer continuously exist being strangers** (foreigners) **and sojourners** (temporary residents in a foreign land), **but continually exist being fellow-citizens** (ones residing together in a City) **of those set apart: even God's family** (members of God's household),
20. **being fully built as a house upon the foundation of the sent-forth representatives** (or: emissaries) **and prophets** (folks who had light ahead of time), **Jesus Christ continuously being a corner-foundation [stone] of it** (or: there being an extreme point of the corner, or, capstone: Jesus Christ Himself),
21. **within and in union with Whom all the home-building** (all the construction of the house; or: = every house that is constructed, or, the entire building), **being continuously fitted [and] progressively framed together** (closely and harmoniously joined together; made a common joint by a word), **is continuously growing into a set-apart** (or: separate; holy) **temple** (inner sanctuary) **within [the] Lord** [= Christ, or, Yahweh]**:**
22. **within the midst of** (or: in union with) **Whom you folks, also, are continuously being formed a constituent part of the structure** (or: being built together into a house) **into God's down-home place** (place of settling down to dwell; abode; permanent dwelling) **within [the] Spirit** (or: in spirit; or: in a Breath-effect).

CHAPTER 3

1**. For this gracious cause (**or: In favor of this; For this pleasure) **I, Paul, [am] the bound one** (or: prisoner) **of** (or: belonging to) **Christ Jesus in behalf of** (or: over [the situation of]) **you folks, the nations** (non-Jewish ethnic multitudes; the Gentiles).
2. **Since indeed** (or: If at least) **you folks heard** (or: hear; listened to) **[and thus, obey] the house-law** (or: the dispensing within the household; the administration; management of the household; or: the distribution) **of the grace of God** (or: which is God's grace and favor) **– which is being given by me into you folks** (or: to me with a view to you folks) **–**

3. **that, in accord with an unveiling** (or: down from a revelation; in keeping with a disclosure), **the secret** (or: mystery) **was made known to me – even as I before wrote** (or: wrote aforetime), **in brief –**
4. **toward which [end] you, the folks continually reading** (or: habitually reviewing and recognizing; progressively gathering up knowledge), **are constantly able and continue with power to comprehend** (conceive; understand; apprehend) **my understanding** (insight; confluence; my sending insights together) **in the secret** (or: mystery) **of the Christ** (or: which is the Anointed One [= the Messiah]),
5. **which to other generations** (or: for births of a different kind; in different generations of another nature) **was not made known to the sons of mankind** (humanity; the humans) **as it is now** (at the present time) **uncovered** (unveiled; revealed) **in spirit** (or: within a Breath-effect; or: in union with [the] Spirit) **by** (or: to; among) **His set-apart emissaries** (or: holy folks that are sent forth from Him) **and prophets** (folks having light ahead of time),
6. (or, reading the phrase "in spirit" with the next phrase rather than the previous one: **in spirit**) **the nations** (the Gentile ethnic multitudes) **are to continuously be joint-heirs** (fellow-participants by allotment) **and a Joint Body** (a body together) **and joint sharers** (partakers) **of The Promise – [along with the rest], resident within** (or: of the assurance in union with) **Christ Jesus through the good news** (or: [spreading] throughout the midst by means of the message of goodness, ease and wellbeing)
7. **of which I came to be** (was birthed; became) **an attendant** (a server; one who renders service) **in accord with, down from, in the sphere of and commensurate with the gift of God's grace and favor – that being given to me** (or: by me) **in accord with** (or: down from; corresponding to; to the level of; in line with) **the operative, effective, internal working energy of His power and ability!**

8. **To me, the one far inferior to** (or: less than the least among) **all of those set apart** (or: the saints; the holy people), **was given this grace and joyous favor: to myself address the nations** (the non-Jews; the Gentile ethnic multitudes) **with the good news of** (or: whose source is) **the untrackable** (untraceable; or: not-searched-out and unexplored) **riches of the Christ**

(or: to for myself declare and bring to the ethnic groups the message of goodness, ease and well-being of the unexploreable wealth which is the Anointed One),

9. **and to illuminate all people** (give light to everyone) **[as to] what [are] the house-rules** (or: [is] the administration and management of the household) **of the secret** (or: mystery) **pertaining to that having been hidden** (concealed) **away, apart from the ages** (or: disassociated from the [past] periods of time), **within the midst of God – in the One forming** (framing; reducing from a state of disorder and wildness) **all things** (the Whole; everything) **–**
10. **to the end that now** (at this present time), **in union with the highest heavens, God's greatly diversified** (exceedingly varied in colors, as a tapestry that depicts a scene; or: = many-phased) **wisdom could be made known –**

through the called-out community – to the governments (or: rulers; sovereignties; chief ones) **as well as to the authorities and folks with privilege among those situated upon elevated positions**

(or: made known through the summoned and gathered congregation: by the original members and the folks who have the right, that is, among the upper-heavenly folks; or: made known by means of the ecclesia with the founders and people having the privilege – in union with these celestial ones and within the midst of the things situated upon the atmospheres),

11. **in accord with** (or: down from; corresponding to) **a purpose of the ages** (a fore-designed plan of the unspecified time-periods) **which He formed** (forms; made; constructs; produced) **within the Christ by our Lord, Jesus,**

12. **within, and in union with, Whom we continuously have** (hold and possess) **the freedom of speech** (or: boldness, which comes with citizenship, to publicly speak the truth of a matter – without fear of reprisal) **and conducted access** (escorted admission), **in the midst of trust** (confident reliance and loyalty), **through His faith, trust, confidence and loyalty!**

13**. Wherefore I, myself, continually ask** (or: request) **not to be constantly despondent** (or: fainthearted) **within my pressures and squeezings on behalf of you folks. Whatever, it is [for] your glory and reputation** (or: – something which is a manifestation which calls forth praise with regard to you).

14. **On account of this I continually bend my knees** (= in loyalty, respect and reverence) **to** (toward; or: face-to-face with) **the Father** [other MSS add: of (or: Who is) our Lord Jesus Christ],

15. **forth from Where** (or: out of the midst of Whom) **every family** (lineage; kindred; descent; paternal group) **within heaven and upon earth** (or: in [the] sky or atmosphere, and on [the] land) **is one after another being named** (or: spoken of, or to, by name; or: designated),

16**. to the end that He would give to you folks, in accord with** (or: down from; in correspondence to and on the scale of) **the riches of His glory** (or: the wealth of the glory which is Him), **to be strengthened** (rendered strong; reinforced; made to grow strong and acquire strength) **in** (or: with) **power and ability through His Breath-effect, for the interior person** (or: by means of the Spirit, which is Him, [proceeding] into the midst of the humanity within,)

17**. to inhabit** (dwell down in; take up permanent abode in) **the Christ** (or: to house the Anointed One), **through the faith and trust within your hearts, being folks having been rooted** (or: having taken root) **and now established and placed on a foundation within the midst of and in union with Love.**

18. **To this end, may you folks be fully powerful and thus act out of strength to grasp** (receive down for yourselves; take possession of so as to comprehend), **together with all the set-apart folks** (saints; holy ones), **what [is] the width and length and height and depth,**

19**. and thus to know and gain insight by intimate experience the love of, and which is, Christ [that is] continuously transcending** (overshooting; being

thrown over and beyond; surpassing) **personal experiential knowledge, so that you folks would be filled unto all the full measure of God**

(or: could be filled up, unto the saturation point, with the entire contents of God; or: into all God's full extent; or: unto all the effects pertaining to God's filling [you]).

20. **But by** (or: Now in) **the One being continuously able and powerful to do** (make; form; create; produce) **above and beyond all things – surpassingly above, over and beyond things which we are repeatedly asking for ourselves or are normally grasping with the mind** (apprehending; imagining; considering; conceiving) **– in accord with** (or: down from; corresponding to) **the power and ability [which is] continuously operating** (making itself effective; energizing itself; being active and at work) **within us, and in union with us,**
21. **by Him** (to Him; for Him; in Him) **[is] the glory** (the manifestation which calls forth praise) **within the called-out community** (the summoned-forth congregation) **as well as within Christ Jesus: unto** (or: [proceeding] into) **all the generations** (births; progenies) **of the Age of the ages** (= the most significant, or crowning, Age of all the ages)**! Make it so** (or: Amen)**!**

CHAPTER 4

1. **I am therefore repeatedly calling you folks, as it were, alongside, exhorting, admonishing, imploring and entreating you – I, the prisoner** (or: bound one) **within, and in union with, [the] Lord** [= Christ or Yahweh] **– to walk [your path]** (= behave; = live your life) **worthy of** (suitable to the value of) **the calling** (or: invitation) **of which you folks are called** (or: were summoned),
2. **with all lowliness of attitude** (or: humility in frame of mind) **and gentle kindness, with longsuffering** (forbearance; patience; a long wait before rushing in passion), **continuously holding one another up** (or: bearing with each other with tolerance) **within, and in union with, love,**
3. **repeatedly hurrying to make every effort to constantly keep** (watch over to guard and protect) **the Spirit's oneness** (or: the unity of the Breath-effect, spirit and attitude) **within the bond** (the link, tie and connection that joins two things; the binding conjunction which results in union) **of the peace** (the harmony and tranquility; the state of untroubled, undisturbed well-being; [= the shalom]),
4. **[being] one body and one spirit** (attitude and effect of the Breath), **according as you folks were** (or: are) **also called within the midst of one expectation** (or: in union with one hope) **of your calling** (or: invitation),
5**. [with] one Lord** (or: Owner), **one faith** (or: loyalty, confidence, assurance, and trust), **one submersion and envelopment which brings absorption and permeation to the point of saturation,**
6. **one God and Father of all humanity – the One upon all people and moving through all people, and within the midst of all humanity and in union with all people and all things.**

7. **But to each one of us was given** (or: Now in each one of us is imparted and supplied) **the grace and favor down from, in accord with and to the level of** (or: commensurate to) **the measure of the undeserved gift of the Christ** (or: the gratuity whose source is the Anointed One; or: the free gift which is the [Messiah]).
8. **For this reason He** (or: it) **is constantly saying,**

> **"Going up** (or: Stepping up; Ascending) **into a height** (unto [the] summit) **He led** (or: leads) **captive a captive multitude** (or: He led 'captivity' captive). **He gave** (or: gives) **gifts to mankind** (or: to, for and in humanity)**."**

9. **Now** (or: Yet) **this "He went up** (ascended)**," what is it if not** (or: except) **that He also [first] descended** (stepped down) **into the lower parts** (or: the under regions) **of the earth** (or: land)**?**
10. **The One stepping down** (descending) **is Himself also the One stepping up** (ascending) **far above** (back up over) **all of the heavens** (or: atmospheres; skies), **to the end that He would at once fill the Whole** (permeate and saturate everything; or: make all things full; bring all things to full measure and completion).

11. **And He Himself at one point gave** (or: gives; [*p*46: has given and it now exists as a gift]), **on the one hand** (or: indeed), **the folks sent off with a commission** (the emissaries; the representatives), **yet also those who have light ahead of time and speak it before others** (the prophets), **and on the other hand those who announce goodness and well-being and bring good news, and then the shepherds, and finally teachers** (or: the shepherds-and-teachers),
12. **facing and with a view toward the bringing down of the fresh and timely, for the preparation** (mending; knitting together; adjusting; fitting; repairing; perfectly adjusted adaptation; equipping; completely furnishing) **of the set-apart folks** (the saints; the holy ones) **unto** (or: into) **a work** (an action; a deed; a task) **of attending service, [leading] unto** (or: into) **construction** (house-building) **of the body which is the Christ** (or: whose source, character and quality is from the Anointed One),
13**. [to go on] until we – the whole of mankind** (all people) **– can** (or: would) **come down to the goal** (or: attain; arrive at; meet accordingly; meet down face-to-face)**: into the state of oneness of** (or: the unity belonging to) **the Faith** (or: which characterizes that which is faith; or: which has its source in trust, confidence and reliability, and has the character of being loyal), **and of the full, experiential and intimate knowledge** (or: recognition; discovery; insight) **of the Son of God, [growing] into** (or: unto) **a perfect** (complete; finished; mature; full-grown) **adult man – into** (or: unto) **[the] measure of [the] stature** (full age; prime of life) **of the entire content** (of that which is full; of the fullness; of the complement; of the full number; of the completing; of the results of the filling) **which comprises the Anointed One** (or: which pertains to the Christ; which is the Christ) **–**

14**. to the end that no longer** (or: no more) **would** (or: should) **we exist being infants** (immature folks; not-yet-speaking ones), **continuously being tossed by [successive] waves and repeatedly being carried hither and thither** (or: around in circles) **by every wind of the teaching** (or: what is taught) **within the caprice** (the throw of the dice; versatile artifice; games of chance; the trickery) **of mankind, in readiness to do anything** (amoral craftiness; working everything; or: = while stopping at nothing) **with a view toward and leading to the methodical treatment** (or: the systematizing or technical procedure) **of The Wandering** (the straying; the deception).

15. **But continuously being real and true** (living in accord with reality and the facts; holding to, speaking, pursuing and walking in Truth; truthing it) **within, and in union with, love, we can grow up** (enlarge; increase) **into Him – the ALL which is the Head: Christ** (or: [and] we would in love make all things grow up into Him Who is the head and source: [the] Anointed One)**!**
16. **– from out of Whom** (or: out from the midst of Which) **all the Body** (or: the entire body) **being continuously fitted and framed together** (made a common joint by a word; laid out and closely joined together) **and constantly being knit together and caused to mount up united through every fastening** (or: joint) **of the supply of rich furnishings** (or: through every assimilation of the full supply of funds; through every touch {kindling; setting on fire} of the completely supplied requirements) **in accord with** (or: down from; commensurate to) **the operation** (operative, effectual energy) **within [the] measure of each one part** [other MSS: member], **is itself continually making** (or: is for itself progressively producing and forming) **the growth and increase of the Body, [focused on and leading] into house-construction** (or: building) **of itself within the midst of, and in union with, love.**

17**. This, then, I am continually saying and giving evidence of** (or: attesting) **within the Lord: no longer are you to be continuously walking [your path]** (i.e., conducting yourself; adjusting your behavior) **according to the way that the nations** (the multitudes; the non-Israelites; the Gentiles; the ethnic or special or pagan groups) **are continuously walking around** (ordering their behavior) **– within the emptiness** (vanity; frivolity; futility) **of their mind** (or: intellect),
18. **being folks having been, any still yet being, darkened in** (or: by) **the divided thought and the thing passing through the mind, having been and continuing being alienated** (estranged) **away from the Life of God** (or: God's life; or the life which is God) **– through the ignorance continuously existing** (or: being) **within them [and] through the petrifying** (becoming stone) **of their heart,**
19. **which certain people, being folks having ceased to feel pain** (being insensible or callous), **gave themselves over** (abandoned themselves) **to outrageous behavior** (excessive indulgence; wantonness; licentiousness), **into every unclean performance** (work, trade, business or labor of impurity) **in greed** (always wanting more; covetousness; schemes of extortion; = wanting more than one’s due, in disregard for others).

20. **But you folks did not learn the Christ in this way,**
21. **since, indeed, you heard and hear Him, and within, and in union with, Him you were** (or: are) **taught – just as Truth and Reality continuously exist within Jesus –**
22. **to put off from yourselves** [as clothing or habits] **what accords to the former entangled manner of living** (or: twisted up behavior)**: the old humanity** (or: the past, worn-out person) **– the one continuously in process of being corrupted** (spoiled; ruined) **down from and in accord with the passionate desires** (the full-covering, swelling emotions) **of the deceptions** (or: seductive desires) **–**
23. **and then to be continuously renewed** (or: from time to time, or, progressively made young again) **by** (or: in; with) **the spirit** (or: attitude; breath-effect) **of your mind** (or: of the mind which is you),
24. **and to enter within** (or: clothe yourselves with) **the new humanity** (or: the person that is new and fresh in kind and quality) **– the one in accord with and corresponding to God** (or: the person at the Divine level) **– being formed** (framed; founded; reduced from a state of disorder and wildness; created) **within the Way pointed out** (or: in union with fair and equitable dealings with rightwised relationships, justice and righteousness) **and reverent dedication** (regard for God's laws) **pertaining to the Truth** (or: in intrinsic alignment with reality).

25. **Wherefore, upon at once putting the false** (or: the lie) **away from yourselves** [as clothing or habits], **be continuously speaking Truth and reality, each one with his associate** (the one near him; his neighbor), **because we are** (we continually exist being) **members [as of a body] of one another** (or: limbs or body parts belonging to one another and having our source in each other).

26. **Be habitually aroused by the internal pulse of life** (or: Be constantly impulsive in reaction to your natural disposition and character; or: Continue indignant or even angry), **yet be not continuously missing the target** (making mistakes; sinning; failing). **Do not let sun be repeatedly setting upon your angry mood** (exasperation; irritation; embittered anger; vexation; provocation),
27**. neither be constantly giving a place** (or: = neither go on allowing opportunity or a chance) **for** (or: to) **the one who thrusts things through [folks]** (the slanderer; the adversary; the accuser; the devil; or: that which casts [harm] through the midst of folks).

28. **Let the person habitually stealing no longer continue stealing, but rather let him be normally spent with labor, constantly working** (performing; doing the business of) **the good** (the profitable; the virtuous) **by his own hands, to the end that he can continuously have** (or: possess) **[something] – [in order] to repeatedly share with the one constantly having a need.**

29. **Do not continue allowing every rotten word** (or: putrefied idea; bad quality message) **to be proceeding** (or: issuing) **out of your mouth, but rather if anything [is] good** (profitable; virtuous), **[speak it] toward house-construction** (building up; edification) **which pertains to the need, to the end that it may impart** (or: give) **grace and favor to those listening and hearing.**

30. **And don't you folks have the habit of grieving** (distressing; giving sorrow to) **God's set-apart Spirit** (the Holy Breath-effect which is God), **within Whom** (or: in union with Which) **you were** (or: are) **sealed** (at one point stamped with a seal; suddenly marked; imprinted; = personally authorized) **unto** (or: [leading] into) **a day of** (or: pertaining to) **redemption** (a dismissal and a loosing away into freedom because a ransom paid).

31. **Let every bitterness, swelling negative emotion** (inherent fervor; or: natural propensity, disposition and impulse; or: wrath), **enraged impulse, clamorous outcry, and blasphemy** (slanderous or abusive speech; desecration**) be at once lifted up and removed from you folks, together with all worthlessness** (that which ought not to be; that which is of bad quality; ugliness; badness; malice; depravity)**!**

32. **But you must keep on becoming kind folks** (or: So progressively come to be {or: be birthed to be} useful and obliging ones) **unto one another – people [who are] tenderly compassionate – folks continuously dealing graciously** (extending favor; giving freely) **among yourselves, according as God within, and in union with, the Christ is** (or: was) **also gracious** (or: deals favorably; gave freely) **to you** [other MSS: us].

CHAPTER 5

1. **Keep on becoming** (or: Progressively come to be), **then, imitators** (those made exactly alike so as to portray, express and represent by means of imitation) **of God, as beloved** (or: like loveable) **children,**
2. **and keep on walking** (walking around; = progressively living your life) **within, and in union with, Love, according as the Christ also loves** (or: to the same level and commensurately as the Anointed One loved) **you, and gives** (or: gave) **Himself over** (or: up; alongside) **in our behalf** (over us [other MSS: you])**: a bringing** (or: bearing) **toward and sacrificing to** (or: for; in) **God** (or: an approach offering, even a sacrifice by God) **[turning] into a fragrant odor** (sweet smell).

3. **But all sexual vice** (prostitution; fornication; sexual acts contrary to custom) **and uncleanness** (impurity), **or greed** (desiring or having more than one's due; gaining and having advantage over others), **let it continuously not even be named among** (or: within) **you folks – according as it is constantly appropriate** (proper; conspicuously suitable and befitting) **for set-apart people** (or: holy folks).

4. **And obscenity** (ugliness; indecency; indecorum; shamefulness; baseness), **even stupid** (moronic; foolish) **speaking** (talking) **or coarse joking** (vulgar talking; insinuation; wittiness; quickness in making repartee; making a good turn), **which things it has not been proper or fitting to have come up – but rather, giving of thanks** (or: conversation marked by grace, gratitude and favor in well-being).
5. **For this you constantly know** (or: perceive), **habitually recognizing by experience, that every practicer of sexual vice** (or: male prostitute; paramour), **or unclean** (impure [in character]; morally indecent) **person, or greedy** (covetous; desiring advantage or more than one's due) **one who is** (or: continues being) **an idolater, is not now holding enjoyment of** (does not currently have use of) **an inheritance** (an allotted gift from someone who has died) **within the Christ's and God's reign or sphere of sovereign activity** (or: kingdom; [*p*46: within the reign of God]).

6. **Let no one keep on deceiving** (or: seducing) **you by empty words** (or: messages; reasons; thoughts; ideas), **for because of these things, God's inherent fervor** (natural impulse and disposition; intrinsic teeming desire and swelling passion; or: anger; indignation) **is continuously coming upon** [note: *cf* John 3:36] **the sons of The Disobedience** (the incompliance; or: = folks having the quality of not being convinced or being disobedient and stubborn).
7. **Stop, therefore, becoming** (or: You folks are not to continuously come to be) **their joint partakers** (their joint members or partners; ones sharing together with them),
8. **for you folks were once existing being darkness, yet** (or: but) **now [you are] light, within and in union with [the] Lord** [= Christ or Yahweh].
9. **Be constantly walking about** (= Habitually conduct yourselves) **as children of Light – for the fruit of the Light** [other MSS: Spirit] **[is] in union with** (or: [exists] within the midst of) **all Goodness** (virtue; beneficence) **Justice** (fair and equitable dealing in rightwised relationships which accord with the Way pointed out) **and Truth** (or: Reality) **–**
10. **repeatedly testing so as to prove** (or: approve) **what is** (or: continually exists being) **fully pleasing and compatible** (happily acceptable; well pleasing; good pleasure) **to** (or: for; in) **the Lord** [= Christ or Yahweh].
11. **And do not continually participate together** (involve yourselves in joint communion or community; or: Stop having fellowship together) **in unfruitful acts** (works; deeds; performances) **of the Darkness** [comment: = the ignorance; = the lack of light; may refer to past religious acts], **but rather even be continually questioning and cross-examining to expose** (unmasking and making facts known), **refute and reprove to bring conviction** (= bring light to them),
12. **for you see, it is obscene** (base; ugly; indecent; shameful) **to habitually even be speaking of the things [which] secretly** (or: in a hidden manner) **may be coming into existence** (be occurring; be being birthed) **by them.**

13. **Now everything** (or: the whole), **while being continuously exposed to show fact, be refuted and/or reproved unto conviction, is by the light being**

continuously manifested (clearly displayed, made apparent and shown for what it is),
14. **for you see, all that is continuously being manifested** (clearly displayed, made apparent and is progressively shown for what it is) **is, and continually exists being, light. Wherefore He** (or: it) **is saying,**

> **"Let the sleeper** (the person continuously down and being fast asleep) **be waking up, continue rousing, and then stand up** (arise) **from out of the midst of the dead ones, and the Christ will shine upon you** (enlighten you as the dawn draws close)**."**

15. **Be continuously observing exactly** (or: accurately), **then, brothers** (= fellow believers; members of the Family)**, how you habitually walk about** [or, with other MSS: Be continually observing, then, how accurately you are conducting yourselves]**: not as unwise folks, but rather as wise ones,**
16. **making it a habit [to be] intensively buying-out for yourselves** (as at a market, exhausting the supply; redeeming; reclaiming) **the season** (fitting situation; opportunity), **because the days** (= present times) **are of a bad quality** (or: harmful; or: in a sorry plight; or: toilsome).

17. **On account of this, stop becoming** (or: Do not continually come to be) **foolish ones** (folks not having common sense; people without reflection or intelligence; imprudent ones; thoughtless and inattentive folks), **but rather, be constantly understanding** (sending your perceptions together to comprehend) **what [is] the will** (resolve; determination of what shall be done; design) **of the Lord** (= Christ or Yahweh; [other MSS: God; Christ]).

18. **And stop being made drunk** (or: Do not be continuously made intoxicated) **by wine, within which exists the disposition of one having no hope of safety** (unsavingness; dissipation and ill health; debauchery), **but rather be continuously filled full in spirit** (within [the] Spirit; in the midst of [the] Breath-effect),
19. **continuously speaking** (making vocal utterances) **to** (or: among) **yourselves in psalms and hymns** (or: songs of praise; festive songs) **and spiritual odes** (songs; chants), **continually singing and playing stringed instruments** (making music; psalming; sharply touching or plucking [the strings or chords]) **in** (or: by; with; or: for) **your hearts to** (or: for; by; with: in) **the Lord** [= Christ, or, Yahweh],
20. **constantly giving thanks** (expressing gratitude; or: speaking of the well-being that is in grace and favor) **to God, even [the] Father** [*p*46 & others: to the Father, even God] **at all times** (or: always; = on all occasions) **concerning all things** (or: for everything; or: over all mankind), **within the midst of and in union with the Name of our Lord, Jesus Christ,**
21. **while continually setting and arranging yourselves under** (placing yourselves in humble alignment; subordinating yourselves; being submissive) **so as to support one another, in respect for Christ**

(or: in union with the reverence which is Christ; within Christ's fear; in reverence pertaining to, and the source of which is [the] Anointed One [other MSS: God]).

22. **Wives** (or: Women) **[are] to** (or: with) **their own husbands** (or: adult males), **as to** (or: with) **the Lord** (or: the Owner; or: = Christ, or, Yahweh)

[note: this reading follows *p*46, B, Clement, Origen, other church fathers & other MSS, and is the reading in Westcott and Hort, Panin, Nestle-Aland, Tasker, and is bracketed by Griesbach; however, the following reading is also in Clement, Origen, other church fathers and MSS, as well as in Aleph and A: Wives, be by habit humbly aligned and placed subordinate so as to be supportive to your own husbands, as to (or: in; by; for) the Lord],

23. **because a husband exists being a head of** (or: is a source with reference to) **the wife as also** (or: even as) **the Christ [is] Head** (or: Source) **of the called-out community** (the ecclesia; the summoned-out assembly); **He Himself is** (continually exists being) **[the] Savior** (Deliverer; Rescuer; Restorer to health and wholeness) **of the Body.**

24. **But, just as the called-out community** (summoned-forth assembly) **continuously humbly aligns and places itself under for** (or, as a passive: is normally subjected in support to) **the Christ, thus also the wives to** (or: for; with) **the husbands, in everything** (or: within all; among all mankind).

25. **O husbands, be constantly loving [your] wives** (or: Men, continue loving the women), **accordingly and correspondingly as the Christ also loved** (or: to the degree that and commensurately as the Anointed One loves) **the called-out community, and gave Himself up** (or: gives Himself over) **in behalf of** (for the sake of) **her,**

26. **to the end that He may set her apart** (separate her; make her holy), **cleansing** (purging) **[her] by the bath of the Water** [that is] **within a spoken word** (a declaration; an utterance),

27**. so that He Himself may place beside Himself** (present to and make to stand alongside of Himself) **the glorious** (held in high esteem; in glorious array) **called-out community, continuously having neither spot** (or: stain), **nor wrinkle, nor any of such things, but to the contrary, to the end that she may continuously exist being set-apart** (holy) **and flawless** (unblemished; or: unblamable)**.**

28. **Thus** (or: In like manner; In this way) **the husbands also are continuously indebted** (thus: obligated) **to constantly love their wives as their own bodies** (= persons). **The one constantly loving his own wife continues loving himself,**

29. **for you see, no one ever yet** (at any time) **hated** (or: hates) **his own flesh** (= his body and interior self) **but rather continually intensively nourishes** (feeds and supports) **and warms** (cherishes; comforts) **it, according as also the Christ [does] the called-out community,**

30. **because we are** (we exist continuously being) **members of His Body.**

31. **Answering this** (or: In the place facing this [situation or reality]),
"a man will leave behind his father and mother, and he will be glued (welded) **to his wife, and the two will be [made] into one flesh** (= one physical unit as though being one body)**."** [Gen. 2:4]
32. **This secret** (or: mystery) **is great** (= important), **but I am speaking unto** (or: into; with a view to) **Christ, even** (or: and; as well as) **unto** (or: into) **the called-out community** (or: the called-out person; or: the summoned-forth assembly).
33. **Moreover, you men also, individually, each one thus** (in this way) **be continually loving his own wife** (or: woman) **as** (or: as she were) **himself, and so the result will be that the wife would continually have deep respect for** (or: may habitually stand in reverential awe of; can normally be fearing) **the husband** (or: adult man).

CHAPTER 6

1. **You children make it a habit to humbly listen and pay attention to, and thus submissively obey, your parents, in union with the Lord** [= Christ or Yahweh], **for this is in accord with the Way pointed out** (is fair, right and just).
2. **"Be continuously honoring** (holding in respect; valuing; reverencing; treating as precious and with dignity) **your father and mother,"**
which very one is a foremost implanted goal (impartation of the finished product within; inward directive) **within an act of promising** (or: in [the] promise; or: = that embodies assurance),
3. **"to the end that it may come to be well and easy for** (or: to; in) **you and you will exist** (or: be) **a long time upon the land** (earth)**."**
[Ex. 20:12; Deut. 5:16]

4. **And so you fathers: do not continually bring along inherent fervor to** (or: irritate; exasperate to anger; bring impulse alongside) **your children, but rather be continually nourishing them within child-training discipline and education, and then the placing** (setting) **of the Lord** [= Christ or Yahweh] **in the mind** (or: as well as the Master's mind-set; or: and the Owner's admonition; or: and instruction about the Lord).

5. **Slaves: you folks be continually paying attention, listening humbly to and obeying [your] owners** (masters) **– those [being such] in respect to the flesh** (= this human condition and natural realm) **– with fear** (or: respect, reverence, = earnestness) **and trembling** (= concerned focus), **joined with singleness** (simplicity; uncompoundedness; = pureness of substance) **of your heart** (= the core of your being willing one thing), **as though to** (or: as if for; as being in) **the Christ,**
6. **not in accord with eye-service** (or: in line with slavery to the eyes [of folks watching]; or: = doing it only when being watched) **as folks desiring to please men, but rather as slaves of Christ, constantly doing** (performing; producing)

the will and intent of God – from out of [the] soul (= with the whole inner being: mind, will, emotion, life-force; or: = spontaneously) **–**
7. **with a good disposition** (well-mindedness; a good will; a good attitude), **habitually serving** (or: being; working) **as a slave, as for** (or: to; in) **the Lord** [= Yahweh or Christ], **and not for** (or: to) **people** (humans; mankind),
8. **having seen and thus knowing** (perceiving; being aware; recognizing) **that each person, if he or she may do some good thing** (perform some virtuous act; produce some excellence), **this she, or he, will receive for himself** (or: herself) **for kindly keeping alongside of the Lord** [= Christ or Yahweh]**: whether slave, whether free.**

9. **And now for the owners** (lords; masters)**: be practicing** (continually doing) **the same toward them, constantly being lax** (loosening up) **in the threatening, knowing** (having seen; being aware) **also that their Owner** (Lord; Master) **– as well as yours – is continuously existing within [the] atmospheres** (or: heavens), **and partiality through respect or acceptance of faces** (= persons) **does not exist alongside of Him.**

10. **Of the remainder** (or: Finally), **be constantly empowering yourselves** (engendering ability within yourselves) **within, and in union with, [the] Lord** [= Christ or Yahweh] **and within, and in union with, the force** (or: strength) **of His might** (or: the mightiness of His strength and forcefulness)**:**
11. **you folks must enter within** (or: clothe yourselves with) **the full suit of armor and implements of war** (panoply; the complete equipment for men-at-arms) **which is God** (or: which comes from and belongs to God), **in order for you to be continuously able and powerful to stand** (or: to make a stand) **facing toward the crafty methods** (stratagems) **of the adversary**
(or: that which throws folks into dualism with divided thinking and perceptions; or: the person that throws something through the midst and casts division; the one who thrusts things through folks; the slanderer who accuses and deceives; or, commonly called: the "devil"),
12. **because for us** [other MSS: for you] **the wrestling is not against** (toward; with a view to) **blood and flesh** (= physical bodies), **but rather against** (toward; i.e., "face to face" with) **the beginning controls and rules**
(or: original rulings; or: rulers and controllers; governments; those things or people in first position; the beginning things or people; the original ones; the princes) **and face to face with the rights and privileges** (or: authorities; or: aspects from out of existence), **with a view to the strengths of the System** (or: strengths of the order; or: universal powers; the world's strong-ones) **of this darkness** [comment: = ignorance], **facing** (toward; or: with a view to) **the spiritual aspects** (or: breath-effected attitudes; or: conditions and qualities of a spirit) **of the worthlessness**
(the badness of conditions; the unsoundness and miserableness; the wickedness and depravity; the evil and malice; the disadvantageousness; the unprofitableness; the thing that brings toilsome labor) **among those situated upon elevated positions**

(or: situated within the heavenly positions or places; among the imposed heavenly realms; positioned in union with the celestials and heavenly ones; resident within the midst of added atmospheres).
[note: this verse could be speaking about the ruling authorities of the religious world of ignorance, with its now worthless sacrifices, or, about the political system of darkened strength which was currently in power, bringing bad situations; Walter Wink, in *Engaging the Powers*, uses the phrase "against suprahuman systems and forces" for part of this verse]

13. **On account of this, you folks receive back again** (or: at once take up) **the full suit of armor** (panoply; implements of war) **which is God** (or: which belongs to and has its source in God), **to the end that you would have power** (or: be able) **to withstand and resist** (to stand opposite, over against as facing an opponent; or: stand in [other folks'] place, instead of [them]) **within the harmful day** (the day of bad conditions), **and accomplishing all** (achieving and effecting everything [the whole]), **to stand firm.**

14. **You folks stand** (or: at once take your stand), **then, after girding yourselves around your waist** (or: loins) **in union with Truth and within the midst of Reality, and then, entering within** (putting on; clothing yourself with) **the breastplate armor** (cuirass; corslet) **of fair and equitable dealing**
(or: which is the rightwised relationships of the Way pointed out; the Righteousness; the Justice),

15. **and next sandaling** (or: binding under) **the feet in readiness and preparedness which comes from and has the character of and which belongs to the good news** (or: message of goodness, ease and wellbeing) **of the Peace** (or: which comes from and has the character of peace and harmony [= shalom]) **–**

16. **within all things and situations** (or: in union with all people) **– [be] at once receiving again** (or: taking back up) **the large oblong shield of the Faith** (or: Trust; Confidence; Faithfulness; Assurance; Loyalty), **within which you will have power** (or: be able) **to extinguish all the fiery arrows of the worthless person**
(or: evil one; unsound and miserable situation; disadvantageous and unprofitable condition; malicious and depraved attitude; toilsome labor).

17. **And at once accept** (or: receive) **for yourselves the helmet of the Deliverance** (or: which comes from the Salvation; that belongs to health and wholeness; which is the restoration to the original realm and condition) **and the Spirit's sword** (short sword; or: the dagger which is spirit; the dirk which is the Breath-effect) **– the one being God's spoken Word** (or: an utterance or declaration which is God).

18. **By means of all thought, desire or imparted message toward things being well** (or: Through every prayer) **and request** (or: declaration) **regarding need, [be] folks continuously thinking, speaking and acting toward goodness and well-being** (or: praying) **within every season** (in union with every fitting situation; on every occasion) **within and in union with [the] Spirit** (Breath-effect), **while maintaining a constant alertness** (or: in spirit being

constantly vigilant and abstaining from sleep), **also, to that end, in all unremitting continuance** (or: perseverance) **and request regarding need concerning** (or: surrounding) **all of the set-apart folks** (holy ones; saints; sacred people),
19. **and further, in behalf of me, so that to me a word** (or: message; thought; idea; logos) **would be given, in the midst of opening my mouth in freedom of speaking openly in public and with the boldness and rights of a citizen, to make known the secret** (or: mystery) **of the good news** (or: which is the message of goodness, ease and well-being),
20. **over which I am an old man in a manacle** (or: on behalf of which I continue performing the duties of an elder and an ambassador – in a chain!) **– to the end that within Him** (or: it) **I may speak freely** (or: in public, boldly as a citizen), **as it is necessary for me to speak.**

21. **Yet so that you also may know** (may have seen, so as to perceive) **the things that [come] down to** (or: on) **me** (= my circumstances and affairs), **what I am continually involved in** (what matters or business I am transacting; what I'm doing), **everything** (or: all) **will be made known to you [by] Tychicus, the beloved brother and faithful attending servant within the Lord,**
22. **whom I send** (or: sent) **to you for this very purpose, to the end that you may come to know our concerns** (or: circumstances) **and [that] he may call your hearts alongside** (assist, admonish, encourage, comfort and give relief to your hearts; do the work of a paraclete for your hearts).

23. **Peace and harmony** [= shalom] **to the brothers** [*p*46 reads: the set-apart folks], **and love** [A reads: mercy] **along with faith and trust, from God, [the] Father and Lord, Jesus Christ** (or: from Father God, and {or: even} [the] Lord Jesus Christ).

24. **Grace and favor, in union with incorruption** (or: within a state or condition of being unspoiled, and being incorruptible [note: see I Cor. 15:42]), **[are] with all the people continuously loving our Lord** (or: Owner; Master), **Jesus Christ** ([the] Anointed Jesus)**.**

Amen (It is so)**!**

[written circa A.D. 58 – Based on the critical analysis of John A.T. Robinson –
Traditionally considered to be sent to those in Ephesus;
possibly a circular letter to the assemblies in first century Asia Minor]