

Systematic Method for Memorizing Paul's Epistle to the Ephesians

Following Walter L. Liefeld's "Outline"

InterVarsity Press Commentary:

Ephesians

In Three Languages:

English: *King James Version*

Koiné Greek: *Textus Receptus*

Spanish: *RVR 1960*

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Outline of Ephesians

Ephesians: Intervarsity Press NT Commentary Series, 1997

By Walter L. Liefeld:

1:1-2 Paul greets the recipients of his letter

1:3-14 We owe God praise for his great blessings in the heavenly realms in Christ

- 1:3 We have been brought into heavenly realms
- 1:4-10 Our destiny is part of God's grand plan to sum up all things in Christ
- 1:11-14 God will work out everything to fulfill His purpose for those who belong to Him

1:15-23 Paul thanks God for all this and prays accordingly for Christians

- 1:15-16 Paul is grateful for the faith and love Christians have
- 1:17-23 Paul asks God to help believers understand the power of God and the present, exalted position of Christ

2:1-10 The **first step in the fulfillment of God's plan is to raise people spiritually from death to life**

- 2:1-3 We were in a state of spiritual death
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2:11-22 The **second step in the fulfillment of God's plan is to reconcile Jew and Gentile through the cross**

- 2:11-12 We were extremely separated from each other
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- 2:19-22 As a result of this reconciliation, together we form a great temple for the Lord to dwell in

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- 3:1-6 God's intention is a mystery that is now unfolding
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- 4:12-16 These gifts foster both continuing unity and maturity

4:17-6:9 The **sixth step in the fulfillment of God's plan is the attainment of Christian morality, accomplished through radical change**

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6:10-20 There is a major spiritual battle being waged in the heavenly realms

- 6:10-12 The spiritual battle is immensely important
- 6:13-17 We need special armor for the spiritual battle
- 6:18-20 Continual prayer in the Spirit on all occasions for all believers is essential

6:21-24 Paul concludes with words of encouragement

Outline of Ephesians with KJV

Ephesians: IntersVarsity Press NT Commentary Series, 1997

By Walter L. Liefeld:

1:1-2 Paul greets the recipients of his letter

1 Paul, an apostle of Jesus Christ by the will of God, to the saints which are at Ephesus, and to the faithful in Christ Jesus: 2 Grace be to you, and peace, from God our Father, and from the Lord Jesus Christ.

1:3-14 We owe God praise for his great blessings in the heavenly realms in Christ

1:3 We have been brought into heavenly realms

3 Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in [heavenly places](#) in Christ:

1:4-10 Our destiny is part of God's grand plan to sum up all things in Christ

4 According as he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love: 5 Having predestinated us unto the adoption of children by Jesus Christ to himself, according to the good pleasure of his will, 6 To the praise of the glory of his grace, wherein he hath made us accepted in the beloved. 7 In whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace; 8 Wherein he hath abounded toward us in all wisdom and prudence; 9 Having made known unto us the mystery of his will, according to his good pleasure which he hath purposed in himself: 10 That in the dispensation of the fulness of times he might gather together in one all things in Christ, both which are in heaven, and which are on earth; even in him:

1:11-14 God will work out everything to fulfill his purpose for those who belong to him

11 In whom also we have obtained an inheritance, being predestinated according to the purpose of him who worketh all things after the counsel of his own will: 12 That we should be to the praise of his glory, who first trusted in Christ. 13 In whom ye also trusted, after that ye heard the word of truth, the gospel of your salvation: in whom also after that ye believed, ye were sealed with that holy Spirit of promise, 14 Which is the earnest of our inheritance until the redemption of the purchased possession, unto the praise of his glory.

1:15-23 Paul thanks God for all this and prays accordingly for Christians

1:15-16 Paul is grateful for the faith and love Christians have

15 Wherefore I also, after I heard of your faith in the Lord Jesus, and love unto all the saints, 16 Cease not to give thanks for you, making mention of you in my prayers;

1:17-23 Paul asks God to help believers understand the power of God and the present, exalted position of Christ

17 That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him: 18 The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints, 19 And what is the exceeding greatness of his power to us-ward who believe, according to the working of his mighty power, 20 Which he wrought in Christ, when he raised him from the dead, and set him at his own right hand in the [heavenly places](#), 21 Far above all principality, and power, and might, and dominion, and every name that is named, not only in this world, but also in that which is to come: 22 And hath put all things under his feet, and gave him to be the head over all things to the church, 23 Which is his body, the fulness of him that filleth all in all.

2:1-10 The [first step](#) in the fulfillment of God's plan is to raise people spiritually from death to life

2:1-3 We were in a state of spiritual death

1 And you hath he quickened, who were dead in trespasses and sins; 2 Wherein in time past ye walked according to the course of this world, according to the prince of the power of the air, the spirit that now worketh in the children of disobedience: 3 Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind; and were by nature the children of wrath, even as others.

2:4-10 We now have the gift of spiritual life

4 But God, who is rich in mercy, for his great love wherewith he loved us, 5 Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;) 6 And hath raised us up together, and made us sit together in [heavenly places](#) in Christ Jesus: 7 That in the ages to come he might shew the exceeding riches of his grace in his kindness toward us through Christ Jesus. 8 For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: 9 Not of works, lest any man should boast. 10 For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.

2:11-22 The [second step](#) in the fulfillment of God's plan is to reconcile Jew and Gentile through the cross

2:11-12 We were extremely separated from each other

11 Wherefore remember, that ye being in time past Gentiles in the flesh, who are called Uncircumcision by that which is called the Circumcision in the flesh made by hands; 12 That at that time ye were without Christ, being aliens from the commonwealth of Israel, and strangers from the covenants of promise, having no hope, and without God in the world:

2:13-18 Christ reconciled us to each other

13 But now in Christ Jesus ye who sometimes were far off are made nigh by the blood of Christ. 14 For he is our peace, who hath made both one, and hath broken down the middle wall of partition between us; 15 Having abolished in his flesh the enmity, even the law of commandments contained in ordinances; for to make in himself of twain one new man, so making peace; 16 And that he might reconcile both unto God in one body by the cross, having slain the enmity thereby: 17 And came and preached peace to you

which were afar off, and to them that were nigh. 18 For through him we both have access by one Spirit unto the Father.

2:19-22 As a result of this reconciliation, together we form a great temple for the Lord to dwell in

19 Now therefore ye are no more strangers and foreigners, but fellow citizens with the saints, and of the household of God; 20 And are built upon the foundation of the apostles and prophets, Jesus Christ himself being the chief corner stone; 21 In whom all the building fitly framed together groweth unto an holy temple in the Lord: 22 In whom ye also are builded together for an habitation of God through the Spirit.

3:1-21 The **third step in the fulfillment of God's plan is the formation of the church as one body**

3:1-6 God's intention is a mystery that is now unfolding

1 For this cause I Paul, the prisoner of Jesus Christ for you Gentiles, 2 If ye have heard of the dispensation of the grace of God which is given me to you-ward: 3 How that by revelation he made known unto me the mystery; (as I wrote afore in few words, 4 Whereby, when ye read, ye may understand my knowledge in the mystery of Christ) 5 Which in other ages was not made known unto the sons of men, as it is now revealed unto his holy apostles and prophets by the Spirit; 6 That the Gentiles should be fellow heirs, and of the same body, and partakers of his promise in Christ by the gospel:

3:7-13 God chose to fulfill his intention through Paul and then through the church

7 Whereof I was made a minister, according to the gift of the grace of God given unto me by the effectual working of his power. 8 Unto me, who am less than the least of all saints, is this grace given, that I should preach among the Gentiles the unsearchable riches of Christ; 9 And to make all men see what is the fellowship of the mystery, which from the beginning of the world hath been hid in God, who created all things by Jesus Christ: 10 To the intent that now unto the principalities and powers in **heavenly places** might be known by the church the manifold wisdom of God, 11 According to the eternal purpose which he purposed in Christ Jesus our Lord: 12 In whom we have boldness and access with confidence by the faith of him. 13 Wherefore I desire that ye faint not at my tribulations for you, which is your glory.

3:14-21 Paul offers a prayer that continues to reveal God's intention in the church

14 For this cause I bow my knees unto the Father of our Lord Jesus Christ, 15 Of whom the whole family in heaven and earth is named, 16 That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man; 17 That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in **love**, 18 May be able to comprehend with all saints what is the breadth, and length, and depth, and height; 19 And to know the **love** of Christ, which passeth knowledge, that ye might be filled with all the fulness of God. 20 Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us, 21 Unto him be glory in the church by Christ Jesus throughout all ages, world without end. Amen.

4:1-6 The fourth step in the fulfillment of God’s plan is to maintain unity in the church

4:1 We should live a life worthy of our calling

1 I therefore, the prisoner of the Lord, beseech you that ye walk worthy of the vocation wherewith ye are called,

4:2-3 There are certain personal qualities necessary for our unity

2 With all lowliness and meekness, with longsuffering, forbearing one another in love; 3 Endeavouring to keep the unity of the Spirit in the bond of peace.

4:4-6 There are certain doctrines that are basic to our unity

4 There is one body, and one Spirit, even as ye are called in one hope of your calling; 5 One Lord, one faith, one baptism, 6 One God and Father of all, who is above all, and through all, and in you all.

4:7-16 The fifth step in the fulfillment of God’s plan is to foster corporate maturity through God’s gifts to the church

4:7 Individuality is important

7 But unto every one of us is given grace according to the measure of the gift of Christ

4:8-10 A passage in Psalms looks forward to the bestowal of God’s gifts

8 Wherefore he saith, “When he ascended up on high, he led captivity captive, and gave gifts unto men.” 9 (Now that he ascended, what is it but that he also descended first into the lower parts of the earth? 10 He that descended is the same also that ascended up far above all heavens, that he might fill all things.)

4:11 There are special gifts – the leaders themselves – whom God has given to the church

11 And he gave some, apostles; and some, prophets; and some, evangelists; and some, pastors and teachers;

4:12-16 These gifts foster both continuing unity and maturity

12 For the perfecting of the saints for the work of the ministry, for the edifying of the body of Christ: 13 Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ: 14 That we henceforth be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, whereby they lie in wait to deceive; 15 But speaking the truth in love, may grow up into him in all things, which is the head, even Christ: 16 From whom the whole body fitly joined together and compacted by that which every joint supplieth, according to the effectual working in the measure of every part, maketh increase of the body unto the edifying of itself in love.

4:17-6:9 The **sixth step in the fulfillment of God's plan is the attainment of Christian morality, accomplished through radical change**

4:17-19 Radical change is needed

17 This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the vanity of their mind, 18 Having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart: 19 Who being past feeling have given themselves over unto lasciviousness, to work all uncleanness with greediness.

4:20-24 Radical change has a firm basis in Christian life

20 But ye have not so learned Christ; 21 If so be that ye have heard him, and have been taught by him, as the truth is in Jesus: 22 That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; 23 And be renewed in the spirit of your mind; 24 And that ye put on the new man, which after God is created in righteousness and true holiness.

4:25-5:2 Paul cites specific examples of this radical change

25 Wherefore putting away lying, speak every man truth with his neighbour: for we are members one of another. 26 Be ye angry, and sin not: let not the sun go down upon your wrath: 27 Neither give place to the devil. 28 Let him that stole steal no more: but rather let him labour, working with his hands the thing which is good, that he may have to give to him that needeth. 29 Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers. 30 And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption. 31 Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: 32 And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you. 5:1 Be ye therefore followers of God, as dear children; 2 And walk in love, as Christ also hath loved us, and hath given himself for us an offering and a sacrifice to God for a sweetsmelling savour.

5:3-14 There is a need for still further moral change

3 But fornication, and all uncleanness, or covetousness, let it not be once named among you, as becometh saints; 4 Neither filthiness, nor foolish talking, nor jesting, which are not convenient: but rather giving of thanks. 5 For this ye know, that no whoremonger, nor unclean person, nor covetous man, who is an idolater, hath any inheritance in the kingdom of Christ and of God. 6 Let no man deceive you with vain words: for because of these things cometh the wrath of God upon the children of disobedience. 7 Be not ye therefore partakers with them. 8 For ye were sometimes darkness, but now are ye light in the Lord: walk as children of light: 9 (For the fruit of the Spirit is in all goodness and righteousness and truth;) 10 Proving what is acceptable unto the Lord. 11 And have no fellowship with the unfruitful works of darkness, but rather reprove them. 12 For it is a shame even to speak of those things which are done of them in secret. 13 But all things that are reprov'd are made manifest by the light: for whatsoever doth make manifest is light. 14 Wherefore he saith, Awake thou that sleepest, and arise from the dead, and Christ shall give thee light.

5:15-21 We need to be filled with the Spirit

15 See then that ye walk circumspectly, not as fools, but as wise, 16 Redeeming the time, because the days are evil. 17 Wherefore be ye not unwise, but understanding what the will of the Lord is. 18 And be not drunk with wine, wherein is excess; but be filled with the Spirit; 19 speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord; 20 Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ; 21 Submitting yourselves one to another in the fear of God.

5:22-6:9 A radical change in human relationship should ensue

22 **Wives**, submit yourselves unto your own husbands, as unto the Lord. 23 For the husband is the head of the wife, even as Christ is the head of the church: and he is the saviour of the body. 24 Therefore as the church is subject unto Christ, so let the wives be to their own husbands in every thing.

25 **Husbands**, love your wives, even as Christ also loved the church, and gave himself for it; 26 That he might sanctify and cleanse it with the washing of water by the word, 27 That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish. 28 So ought men to love their wives as their own bodies. He that loveth his wife loveth himself. 29 For no man ever yet hated his own flesh; but nourisheth and cherisheth it, even as the Lord the church: 30 For we are members of his body, of his flesh, and of his bones. 31 For this cause shall a man leave his father and mother, and shall be joined unto his wife, and they two shall be one flesh. 32 This is a great mystery: but I speak concerning Christ and the church. 33 Nevertheless let every one of you in particular so love his wife even as himself; and the wife see that she reverence her husband.

6:1 **Children**, obey your parents in the Lord: for this is right. 2 Honour thy father and mother; (which is the first commandment with promise;) 3 That it may be well with thee, and thou mayest live long on the earth. 4 And, ye **fathers**, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord.

5 **Servants**, be obedient to them that are your masters according to the flesh, with fear and trembling, in singleness of your heart, as unto Christ; 6 Not with eyeservice, as menpleasers; but as the servants of Christ, doing the will of God from the heart; 7 With good will doing service, as to the Lord, and not to men: 8 Knowing that whatsoever good thing any man doeth, the same shall he receive of the Lord, whether he be bond or free.

9 And, ye **masters**, do the same things unto them, forbearing threatening: knowing that your Master also is in heaven; neither is there respect of persons with him.

6:10-20 There is a major spiritual battle being waged in the heavenly realms

6:10-12 The spiritual battle is immensely important

10 Finally, my brethren, be strong in the Lord, and in the power of his might. 11 Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. 12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in [high places](#).

6:13-17 We need special armor for the spiritual battle

13 Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. 14 Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; 15 And your feet shod with the preparation of the gospel of peace; 16 Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. 17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God:

6:18-20 Continual prayer in the Spirit on all occasions for all believers is essential

18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints; 19 And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel, 20 For which I am an ambassador in bonds: that therein I may speak boldly, as I ought to speak.

6:21-24 Paul concludes with words of encouragement

21 But that ye also may know my affairs, and how I do, Tychicus, a beloved brother and faithful minister in the Lord, shall make known to you all things: 22 Whom I have sent unto you for the same purpose, that ye might know our affairs, and that he might comfort your hearts. 23 Peace be to the brethren, and love with faith, from God the Father and the Lord Jesus Christ. 24 Grace be with all them that love our Lord Jesus Christ in sincerity. Amen.

Prepared by Donald L Potter on July 14, 2017. Revised July 21, 2017.

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Outline of Ephesians with TR

Ephesians: Intersociety Press NT Commentary Series, 1997

By Walter L. Liefeld:

1:1-2 Paul greets the recipients of his letter

1 Παῦλος, ἀπόστολος Ἰησοῦ Χριστοῦ διὰ θελήματος Θεοῦ, τοῖς ἀγίοις τοῖς οὖσιν ἐν Ἐφέσῳ καὶ πιστοῖς ἐν Χριστῷ Ἰησοῦ· 2 χάρις ὑμῖν καὶ εἰρήνη ἀπὸ Θεοῦ πατρὸς ἡμῶν καὶ Κυρίου Ἰησοῦ Χριστοῦ.

1:3-14 We owe God praise for his great blessings in the heavenly realms in Christ

1:3 *We have been brought into heavenly realms*

3 Εὐλογητὸς ὁ Θεὸς καὶ πατὴρ τοῦ Κυρίου ἡμῶν Ἰησοῦ Χριστοῦ, ὁ εὐλογήσας ἡμᾶς ἐν πάσῃ εὐλογίᾳ πνευματικῇ ἐν τοῖς ἐπουρανίοις ἐν Χριστῷ·

1:4-10 *Our destiny is part of God's grand plan to sum up all things in Christ*

4 καθὼς ἐξελέξατο ἡμᾶς ἐν αὐτῷ πρὸ καταβολῆς κόσμου, εἶναι ἡμᾶς ἀγίους καὶ ἀμώμους κατενώπιον αὐτοῦ ἐν ἀγάπῃ, 5 προορίσας ἡμᾶς εἰς υἰοθεσίαν διὰ Ἰησοῦ Χριστοῦ εἰς αὐτόν, κατὰ τὴν εὐδοκίαν τοῦ θελήματος αὐτοῦ, 6 εἰς ἔπαινον δόξης τῆς χάριτος αὐτοῦ, ἐν ᾗ ἐχαρίτωσεν ἡμᾶς ἐν τῷ ἡγαπημένῳ· 7 ἐν ᾧ ἔχομεν τὴν ἀπολύτρωσιν διὰ τοῦ αἵματος αὐτοῦ, τὴν ἄφεσιν τῶν παραπτωμάτων, κατὰ τὸν πλοῦτον τῆς χάριτος αὐτοῦ, 8 ἧς ἐπερίσσευσεν εἰς ἡμᾶς ἐν πάσῃ σοφίᾳ καὶ φρονήσῃ, 9 γνωρίσας ἡμῖν τὸ μυστήριον τοῦ θελήματος αὐτοῦ, κατὰ τὴν εὐδοκίαν αὐτοῦ, ἣν προέθετο ἐν αὐτῷ 10 εἰς οἰκονομίαν τοῦ πληρώματος τῶν καιρῶν, ἀνακεφαλαιώσασθαι τὰ πάντα ἐν τῷ Χριστῷ, τὰ τε ἐν τοῖς οὐρανοῖς καὶ τὰ ἐπὶ τῆς γῆς·

1:11-14 *God will work out everything to fulfill his purpose for those who belong to him*

11 ἐν αὐτῷ, ἐν ᾧ καὶ ἐκληρώθημεν, προορισθέντες κατὰ πρόθεσιν τοῦ τὰ πάντα ἐνεργούντος κατὰ τὴν βουλὴν τοῦ θελήματος αὐτοῦ, 12 εἰς τὸ εἶναι ἡμᾶς εἰς ἔπαινον τῆς δόξης αὐτοῦ, τοὺς προηλπικότες ἐν τῷ Χριστῷ· 13 ἐν ᾧ καὶ ὑμεῖς, ἀκούσαντες τὸν λόγον τῆς ἀληθείας, τὸ εὐαγγέλιον τῆς σωτηρίας ὑμῶν, - ἐν ᾧ καὶ πιστεύσαντες ἐσφραγίσθητε τῷ Πνεύματι τῆς ἐπαγγελίας τῷ Ἁγίῳ, 14 ὅς ἐστιν ἄρραβὼν τῆς κληρονομίας ἡμῶν, εἰς ἀπολύτρωσιν τῆς περιποιήσεως, εἰς ἔπαινον τῆς δόξης αὐτοῦ.

1:15-23 Paul thanks God for all this and prays accordingly for Christians

1:15-16 *Paul is grateful for the faith and love Christians have*

15 Διὰ τοῦτο καὶ γὰρ, ἀκούσας τὴν καθ' ὑμᾶς πίστιν ἐν τῷ Κυρίῳ Ἰησοῦ καὶ τὴν ἀγάπην τὴν εἰς πάντας τοὺς ἀγίους, 16 οὐ παύομαι εὐχαριστῶν ὑπὲρ ὑμῶν, μνεῖαν ὑμῶν ποιούμενος ἐπὶ τῶν προσευχῶν μου·

1:17-23 Paul asks God to help believers understand the power of God and the present, exalted position of Christ

17 ἵνα ὁ Θεὸς τοῦ Κυρίου ἡμῶν Ἰησοῦ Χριστοῦ, ὁ πατὴρ τῆς δόξης, δῶῃ ὑμῖν πνεῦμα σοφίας καὶ ἀποκαλύψεως, ἐν ἐπιγνώσει αὐτοῦ· 18 πεφωτισμένους τοὺς ὀφθαλμοὺς τῆς διανοίας ὑμῶν, εἰς τὸ εἰδέναι ὑμᾶς τίς ἐστὶν ἡ ἐλπίς τῆς κλήσεως αὐτοῦ, καὶ τίς ὁ πλοῦτος τῆς δόξης τῆς κληρονομίας αὐτοῦ ἐν τοῖς ἀγίοις, 19 καὶ τί τὸ ὑπερβάλλον μέγεθος τῆς δυνάμεως αὐτοῦ εἰς ἡμᾶς τοὺς πιστεύοντας, κατὰ τὴν ἐνέργειαν τοῦ κράτους τῆς ἰσχύος αὐτοῦ 20 ἣν ἐνήργησεν ἐν τῷ Χριστῷ, ἐγείρας αὐτὸν ἐκ νεκρῶν, καὶ ἐκάθισεν ἐν δεξιᾷ αὐτοῦ **ἐν τοῖς ἐπουρανίοις**, 21 ὑπεράνω πάσης ἀρχῆς καὶ ἐξουσίας καὶ δυνάμεως καὶ κυριότητος, καὶ παντὸς ὀνόματος ὀνομαζομένου οὐ μόνον ἐν τῷ αἰῶνι τούτῳ, ἀλλὰ καὶ ἐν τῷ μέλλοντι 22 καὶ πάντα ὑπέταξεν ὑπὸ τοὺς πόδας αὐτοῦ, καὶ αὐτὸν ἔδωκε κεφαλὴν ὑπὲρ πάντα τῇ ἐκκλησίᾳ, 23 ἣτις ἐστὶ τὸ σῶμα αὐτοῦ, τὸ πλήρωμα τοῦ πάντα ἐν ᾧ πληρουμένου.

2:1-10 The first step in the fulfillment of God's plan is to raise people spiritually from death to life

2:1-3 We were in a state of spiritual death

1 Καὶ ὑμᾶς ὄντας νεκροὺς τοῖς παραπτώμασι καὶ ταῖς ἁμαρτίαις, 2 ἐν αἷς ποτὲ περιπατήσατε κατὰ τὸν αἰῶνα τοῦ κόσμου τούτου, κατὰ τὸν ἄρχοντα τῆς ἐξουσίας τοῦ ἀέρος, τοῦ πνεύματος τοῦ νῦν ἐνεργοῦντος ἐν τοῖς υἱοῖς τῆς ἀπειθείας· 3 ἐν οἷς καὶ ἡμεῖς πάντες ἀνεστράφημέν ποτε ἐν ταῖς ἐπιθυμίαις τῆς σαρκὸς ἡμῶν, ποιοῦντες τὰ θελήματα τῆς σαρκὸς καὶ τῶν διανοιῶν, καὶ ἤμεν τέκνα φύσει ὀργῆς, ὡς καὶ οἱ λοιποὶ —

2:4-10 We now have the gift of spiritual life

4 ὁ δὲ Θεός, πλούσιος ὢν ἐν ἐλέει, διὰ τὴν πολλὴν ἀγάπην αὐτοῦ ἦν ἠγάπησεν ἡμᾶς, 5 καὶ ὄντας ἡμᾶς νεκροὺς τοῖς παραπτώμασι συνεζωοποίησε τῷ Χριστῷ (χάριτί ἐστε σεσωσμένοι), 6 καὶ συνήγειρε, καὶ συνεκάθισεν **ἐν τοῖς ἐπουρανίοις** ἐν Χριστῷ Ἰησοῦ· 7 ἵνα ἐνδείξηται ἐν τοῖς αἰῶσι τοῖς ἐπερχομένοις τὸν ὑπερβάλλοντα πλοῦτον τῆς χάριτος αὐτοῦ ἐν χρηστότητι ἐφ' ἡμᾶς ἐν Χριστῷ Ἰησοῦ· 8 τῇ γὰρ χάριτί ἐστε σεσωσμένοι διὰ τῆς πίστεως, καὶ τοῦτο οὐκ ἐξ ὑμῶν Θεοῦ τὸ δῶρον· 9 οὐκ ἐξ ἔργων, ἵνα μὴ τις καυχῆσθαι. 10 αὐτοῦ γὰρ ἐσμεν ποιήματα, κτισθέντες ἐν Χριστῷ Ἰησοῦ ἐπὶ ἔργοις ἀγαθοῖς, οἷς προητοιμάσεν ὁ Θεός, ἵνα ἐν αὐτοῖς περιπατήσωμεν.

2:11-22 The second step in the fulfillment of God's plan is to reconcile Jew and Gentile through the cross

2:11-12 We were extremely separated from each other

11 Διὸ μνημονεύετε, ὅτι ὑμεῖς ποτὲ τὰ ἔθνη ἐν σαρκί, οἱ λεγόμενοι ἀκροβυστία ὑπὸ τῆς λεγομένης περιτομῆς ἐν σαρκὶ χειροποιήτου, 12 ὅτι ἦτε ἐν τῷ καιρῷ ἐκείνῳ χωρὶς Χριστοῦ, ἀπηλλοτριωμένοι τῆς πολιτείας τοῦ Ἰσραὴλ, καὶ ξένοι τῶν διαθηκῶν τῆς ἐπαγγελίας, ἐλπίδα μὴ ἔχοντες, καὶ ἄθεοι ἐν τῷ κόσμῳ.

2:13-18 Christ reconciled us to each other

13 νυνὶ δὲ ἐν Χριστῷ Ἰησοῦ ὑμεῖς οἱ ποτὲ ὄντες μακρὰν ἐγγὺς ἐγενήθητε ἐν τῷ αἵματι τοῦ Χριστοῦ. 14 αὐτὸς γὰρ ἐστὶν ἡ εἰρήνη ἡμῶν, ὁ ποιήσας τὰ ἀμφοτέρωθεν ἕν, καὶ τὸ μεσότοιχον τοῦ φραγμοῦ λύσας, 15 τὴν ἔχθραν ἐν τῇ σαρκὶ αὐτοῦ, τὸν νόμον τῶν ἐντολῶν ἐν δόγμασι, καταργήσας· ἵνα τοὺς δύο κτίσῃ ἐν ἑαυτῷ εἰς ἓνα καινὸν ἄνθρωπον, ποιῶν εἰρήνην, 16 καὶ ἀποκαταλλάξῃ τοὺς ἀμφοτέρωθεν ἐν ἐνὶ σώματι τῷ Θεῷ διὰ τοῦ σταυροῦ, ἀποκτείνας τὴν ἔχθραν ἐν αὐτῷ· 17 καὶ ἐλθὼν εὐηγγελίσαστο εἰρήνην ὑμῖν τοῖς μακρὰν καὶ τοῖς ἐγγύς· 18 ὅτι δι' αὐτοῦ ἔχομεν τὴν προσαγωγὴν οἱ ἀμφοτέροι ἐν ἐνὶ Πνεύματι πρὸς τὸν πατέρα.

2:19-22 As a result of this reconciliation, together we form a great temple for the Lord to dwell in

19 ἄρα οὖν οὐκέτι ἐστὲ ξένοι καὶ πάροικοι, ἀλλὰ συμπολιταὶ τῶν ἁγίων καὶ οἰκεῖοι τοῦ Θεοῦ, 20 ἐποικοδομηθέντες ἐπὶ τῷ θεμελίῳ τῶν ἀποστόλων καὶ προφητῶν, ὄντος ἀκρογωνιαίου αὐτοῦ Ἰησοῦ Χριστοῦ, 21 ἐν ᾧ πᾶσα ἡ ἰκοδομὴ συναρμολογουμένη αὕξει εἰς ναὸν ἅγιον ἐν Κυρίῳ, 22 ἐν ᾧ καὶ ὑμεῖς συνοικοδομεῖσθε εἰς κατοικητήριον τοῦ Θεοῦ ἐν Πνεύματι

3:1-21 The third step in the fulfillment of God's plan is the formation of the church as one body

3:1-6 God's intention is a mystery that is now unfolding

1 Τούτου χάριν ἐγὼ Παῦλος ὁ δέσμιος τοῦ Χριστοῦ Ἰησοῦ ὑπὲρ ὑμῶν τῶν ἐθνῶν, - 2 εἶγε ἠκούσατε τὴν οἰκονομίαν τῆς χάριτος τοῦ Θεοῦ τῆς δοθείσης μοι εἰς ὑμᾶς, 3 ὅτι κατὰ ἀποκάλυψιν ἐγνώρισέ μοι τὸ μυστήριον καθὼς προέγραψα ἐν ὀλίγῳ. 4 πρὸς ὃ δύνασθε ἀναγινώσκοντες νοῆσαι τὴν σύνεσίν μου ἐν τῷ μυστηρίῳ τοῦ Χριστοῦ· 5 ὃ ἐν ἐτέραις γενεαῖς οὐκ ἐγνώρισθη τοῖς υἱοῖς τῶν ἀνθρώπων, ὡς νῦν ἀπεκαλύφθη τοῖς ἁγίοις ἀποστόλοις αὐτοῦ καὶ προφήταις ἐν Πνεύματι· 6 εἶναι τὰ ἔθνη συγκληρονόμα καὶ σύσσωμα καὶ συμμετοχα τῆς ἐπαγγελίας αὐτοῦ ἐν τῷ Χριστῷ, διὰ τοῦ εὐαγγελίου,

3:7-13 God chose to fulfill his intention through Paul and then through the church

7 οὗ ἐγενόμην διάκονος κατὰ τὴν δωρεὰν τῆς χάριτος τοῦ Θεοῦ, τὴν δοθείσάν μοι κατὰ τὴν ἐνέργειαν τῆς δυνάμεως αὐτοῦ. 8 ἐμοὶ τῷ ἐλαχιστοτέρῳ πάντων τῶν ἁγίων ἐδόθη ἡ χάρις αὕτη, ἐν τοῖς ἔθνεσιν εὐαγγελίσασθαι τὸν ἀνεξιχνίαστον πλοῦτον τοῦ Χριστοῦ, 9 καὶ φωτίσαι πάντας τίς ἡ κοινωνία τοῦ μυστηρίου τοῦ ἀποκεκρυμμένου ἀπὸ τῶν αἰώνων ἐν τῷ Θεῷ τῷ τὰ πάντα κτίσαντι διὰ Ἰησοῦ Χριστοῦ, 10 ἵνα γνωρισθῇ νῦν ταῖς ἀρχαῖς καὶ ταῖς ἐξουσίαις ἐν τοῖς ἐπουρανίοις διὰ τῆς ἐκκλησίας ἡ πολυποίκιλος σοφία τοῦ Θεοῦ, 11 κατὰ πρόθεσιν τῶν αἰώνων ἣν ἐποίησεν ἐν Χριστῷ Ἰησοῦ τῷ Κυρίῳ ἡμῶν· 12 ἐν ᾧ ἔχομεν τὴν παρρησίαν καὶ τὴν προσαγωγὴν ἐν πεποιθήσει διὰ τῆς πίστεως αὐτοῦ. 13 διὸ αἰτούμαι μὴ ἐκκακεῖν ἐν ταῖς θλίψεσί μου ὑπὲρ ὑμῶν, ἥτις ἐστὶ δόξα ὑμῶν.

3:14-21 Paul offers a prayer that continues to reveal God's intention in the church

14 Τούτου χάριν κάμπτω τὰ γόνατά μου πρὸς τὸν πατέρα τοῦ Κυρίου ἡμῶν Ἰησοῦ Χριστοῦ, 15 ἐξ οὗ πᾶσα πατριὰ ἐν οὐρανοῖς καὶ ἐπὶ γῆς ὀνομάζεται, 16 ἵνα δώῃ ὑμῖν, κατὰ τὸν πλοῦτον τῆς δόξης αὐτοῦ, δυνάμει κραταιωθῆναι διὰ τοῦ Πνεύματος αὐτοῦ εἰς τὸν ἔσω ἄνθρωπον, 17 κατοικῆσαι τὸν Χριστὸν διὰ τῆς πίστεως ἐν ταῖς καρδίαις ὑμῶν· ἐν ἀγάπῃ ἐρριζωμένοι καὶ τεθεμελιωμένοι· 18 ἵνα ἐξισχύσητε καταλαβέσθαι σὺν πᾶσι τοῖς ἁγίοις, τί τὸ πλάτος καὶ μήκος καὶ βάθος καὶ ὕψος, 19 γινῶνάι τε τὴν ὑπερβάλλουσαν τῆς γνώσεως ἀγάπην τοῦ Χριστοῦ, ἵνα πληρωθῆτε εἰς πᾶν τὸ πλήρωμα τοῦ Θεοῦ. 20 Τῷ δὲ δυναμένῳ ὑπὲρ πάντα ποιῆσαι ὑπὲρ ἐκ περισσοῦ ὧν αἰτούμεθα ἢ νοοῦμεν, κατὰ τὴν δύναμιν τὴν ἐνεργουμένην ἐν ἡμῖν, 21 αὐτῷ ἡ δόξα ἐν τῇ ἐκκλησίᾳ ἐν Χριστῷ Ἰησοῦ εἰς πάσας τὰς γενεὰς τοῦ αἰῶνος τῶν αἰώνων. ἀμήν.

4:1-6 The **fourth step** in the fulfillment of God's plan is to maintain unity in the church

4:1 We should live a life worthy of our calling

1 Παρακαλῶ οὖν ὑμᾶς ἐγὼ ὁ δέσμιος ἐν Κυρίῳ, ἀξίως **περιπατήσαι** τῆς κλήσεως ἧς ἐκλήθητε,

4:2-3 There are certain personal qualities necessary for our unity

2 μετὰ πάσης ταπεινοφροσύνης καὶ πραότητος, μετὰ μακροθυμίας, ἀνεχόμενοι ἀλλήλων ἐν ἀγάπῃ, 3 σπουδάζοντες τηρεῖν τὴν ἐνότητα τοῦ Πνεύματος ἐν τῷ συνδέσμῳ τῆς εἰρήνης.

4:4-6 There are certain doctrines that are basic to our unity

4 ἐν σῶμα καὶ ἐν Πνεύμα, καθὼς καὶ ἐκλήθητε ἐν μιᾷ ἐλπίδι τῆς κλήσεως ὑμῶν 5 εἰς Κύριος, μία πίστις, ἐν βάπτισμα, 6 εἰς Θεὸς καὶ πατὴρ πάντων, ὁ ἐπὶ πάντων, καὶ διὰ πάντων, καὶ ἐν πάσιν ὑμῖν.

4:7-16 The **fifth step** is to foster corporate maturity through God's gifts to the church

4:7 Individuality is important

7 ἐνὶ δὲ ἐκάστῳ ἡμῶν ἐδόθη ἡ χάρις κατὰ τὸ μέτρον τῆς δωρεᾶς τοῦ Χριστοῦ

4:8-10 A passage in Psalms looks forward to the bestowal of God's gifts

8 διὸ λέγει, Ἄναβας εἰς ὕψος ἠχμαλώτευσεν αἰχμαλωσίαν, καὶ ἔδωκε δόματα τοῖς ἀνθρώποις. 9 (τὸ δέ, Ἄνεβη, τί ἐστὶν εἰ μὴ ὅτι καὶ κατέβη πρῶτον εἰς τὰ κατώτερα μέρη τῆς γῆς; 10 ὁ καταβάς, αὐτὸς ἐστὶ καὶ ὁ ἀναβάς ὑπεράνω πάντων τῶν οὐρανῶν, ἵνα πληρώσῃ τὰ πάντα).

4:11 There are special gifts – the leaders themselves – whom God has given to the church

11 καὶ αὐτὸς ἔδωκε τοὺς μὲν ἀποστόλους, τοὺς δὲ προφήτας, τοὺς δὲ εὐαγγελιστάς, τοὺς δὲ ποιμένας καὶ διδασκάλους

4:12-16 These gift foster both continuing unity and maturity

12 πρὸς τὸν καταρτισμὸν τῶν ἁγίων, εἰς ἔργον διακονίας, εἰς οἰκοδομὴν τοῦ σώματος τοῦ Χριστοῦ· 13 μέχρι καταστήσωμεν οἱ πάντες εἰς τὴν ἐνότητα τῆς πίστεως καὶ τῆς ἐπιγνώσεως τοῦ υἱοῦ τοῦ Θεοῦ, εἰς ἄνδρα τέλειον, εἰς μέτρον ἡλικίας τοῦ πληρώματος τοῦ Χριστοῦ· 14 ἵνα μηκέτι ὦμεν νήπιοι, κλυδωνιζόμενοι καὶ περιφερόμενοι παντὶ ἀνέμῳ τῆς διδασκαλίας, ἐν τῇ κυβείᾳ τῶν ἀνθρώπων, ἐν πανουργίᾳ, πρὸς τὴν μεθοδεῖαν τῆς πλάνης· 15 ἀληθεύοντες δὲ ἐν ἀγάπῃ αὐξήσωμεν εἰς αὐτὸν τὰ πάντα, ὅς ἐστιν ἡ κεφαλὴ, ὁ Χριστός, 16 ἐξ οὗ πᾶν τὸ σῶμα συναρμολογούμενον καὶ συμβιβαζόμενον διὰ πάσης ἀφῆς τῆς ἐπιχορηγίας, κατ' ἐνέργειαν ἐν μέτρῳ ἑνὸς ἐκάστου μέρους, τὴν αὐξήσιν τοῦ σώματος ποιεῖται εἰς οἰκοδομὴν ἑαυτοῦ ἐν ἀγάπῃ.

4:17-6:9 The sixth step in the fulfillment of God's plan is the attainment of Christian morality, accomplished through radical change

4:17-19 Radical change is needed

17 Τοῦτο οὖν λέγω καὶ μαρτύρομαι ἐν Κυρίῳ, μηκέτι ὑμᾶς **περιπατεῖν**, καθὼς καὶ τὰ λοιπὰ ἔθνη **περιπάτει** ἐν ματαιότητι τοῦ νοῦς αὐτῶν, 18 ἐσκοτισμένοι τῇ διανοίᾳ, ὄντες ἀπηλλοτριωμένοι τῆς ζωῆς τοῦ Θεοῦ διὰ τὴν ἄγνοιαν τὴν οὖσαν ἐν αὐτοῖς, διὰ τὴν πῶρῳσιν τῆς καρδίας αὐτῶν 19 οἵτινες ἀπηλγηκότες ἑαυτοὺς παρέδωκαν τῇ ἀσελγείᾳ, εἰς ἐργασίαν ἀκαθαρσίας πάσης ἐν πλεονεξίᾳ.

4:20-24 Radical change has a firm basis in Christian life

20 ὑμεῖς δὲ οὐχ οὕτως ἐμάθετε τὸν Χριστόν, 21 εἶγε αὐτὸν ἠκούσατε καὶ ἐν αὐτῷ ἐδιδάχθητε, καθὼς ἐστὶν ἀλήθεια ἐν τῷ Ἰησοῦ· 22 ἀποθέσθαι ὑμᾶς, κατὰ τὴν προτέραν ἀναστροφὴν, τὸν παλαιὸν ἄνθρωπον, τὸν φθειρόμενον κατὰ τὰς ἐπιθυμίας τῆς ἀπάτης· 23 ἀνανεοῦσθαι δὲ τῷ πνεύματι τοῦ νοῦς ὑμῶν, 24 καὶ ἐνδύσασθαι τὸν καινὸν ἄνθρωπον, τὸν κατὰ Θεὸν κτισθέντα ἐν δικαιοσύνῃ καὶ ὁσιότητι τῆς ἀληθείας.

4:25-5:2 Paul cites specific examples of this radical change

25 Διὸ ἀποθέμενοι τὸ ψεῦδος λαλεῖτε ἀλήθειαν ἕκαστος μετὰ τοῦ πλησίον αὐτοῦ· ὅτι ἐσμὲν ἀλλήλων μέλη. 26 ὀργίζεσθε καὶ μὴ ἀμαρτάνετε· ὁ ἥλιος μὴ ἐπιδυέτω ἐπὶ τῷ παροργισμῷ ὑμῶν· 27 μῆτε δίδοτε τόπον τῷ διαβόλῳ. 28 ὁ κλέπτων μηκέτι κλεπτέτω· μᾶλλον δὲ κοπιᾶτω, ἐργαζόμενος τὸ ἀγαθὸν ταῖς χερσίν, ἵνα ἔχη μεταδιδόναι τῷ χρείαν ἔχοντι. 29 πᾶς λόγος σαπρὸς ἐκ τοῦ στόματος ὑμῶν μὴ ἐκπορευέσθω, ἀλλ' εἴ τις ἀγαθὸς πρὸς οἰκοδομὴν τῆς χρείας, ἵνα δῶ χάριν τοῖς ἀκούουσι. 30 καὶ μὴ λυπεῖτε τὸ Πνεῦμα τὸ Ἅγιον τοῦ Θεοῦ, ἐν ᾧ ἐσφραγίσθητε εἰς ἡμέραν ἀπολυτρώσεως. 31 πᾶσα πικρία καὶ θυμὸς καὶ ὀργὴ καὶ κραυγὴ καὶ βλασφημία ἀρθήτω ἀφ' ὑμῶν, σὺν πάσῃ κακίᾳ· 32 γίνεσθε δὲ εἰς ἀλλήλους χρηστοί, εὐσπλαγχοί, χαριζόμενοι ἑαυτοῖς, καθὼς καὶ ὁ Θεὸς ἐν Χριστῷ ἐχαρίσατο ὑμῖν. 5:1 Γίνεσθε οὖν μιμηταὶ τοῦ Θεοῦ, ὡς τέκνα ἀγαπητά· 2 καὶ **περιπατεῖτε ἐν ἀγάπῃ**, καθὼς καὶ ὁ Χριστὸς ἠγάπησεν ἡμᾶς, καὶ παρέδωκεν ἑαυτὸν ὑπὲρ ἡμῶν προσφορὰν καὶ θυσίαν τῷ Θεῷ εἰς ὁσμὴν εὐωδίας.

5:3-14 There is a need for still further moral change

3. πορνεία δὲ καὶ πᾶσα ἀκαθαρσία ἢ πλεονεξία μηδὲ ὀνομαζέσθω ἐν ὑμῖν, καθὼς πρέπει ἀγίοις· 4 καὶ αἰσχροτήτης, καὶ μωρολογίας ἢ εὐτραπείας, τὰ οὐκ ἀνήκοντα· ἀλλὰ μᾶλλον εὐχαριστία. 5 τοῦτο γὰρ ἐστε γινώσκοντες, ὅτι πᾶς πόρνος, ἢ ἀκάθαρτος, ἢ πλεονέκτης ὅς ἐστὶν εἰδωλολάτρης, οὐκ ἔχει κληρονομίαν ἐν τῇ βασιλείᾳ τοῦ Χριστοῦ καὶ Θεοῦ. 6 μηδεὶς ὑμᾶς ἀπατάτω κενοῖς λόγοις· διὰ ταῦτα γὰρ ἔρχεται ἡ ὀργὴ τοῦ Θεοῦ ἐπὶ τοὺς υἱοὺς τῆς ἀπειθείας. 7 μὴ οὖν γίνεσθε συμμέτοχοι αὐτῶν· 8 ἦτε γὰρ ποτε σκότος, νῦν δὲ φῶς ἐν Κυρίῳ· ὡς τέκνα φωτὸς **περιπατεῖτε** 9 (ὁ γὰρ καρπὸς τοῦ Πνεύματος ἐν πάσῃ ἀγαθωσύνῃ καὶ δικαιοσύνῃ καὶ ἀληθείᾳ), 10 δοκιμάζοντες τί ἐστὶν εὐάρεστον τῷ Κυρίῳ· 11 καὶ μὴ συγκοινωνεῖτε τοῖς ἔργοις τοῖς ἀκάρποις τοῦ σκότους, μᾶλλον δὲ καὶ ἐλέγχετε· 12 τὰ γὰρ κρυφῆ γινόμενα ὑπ' αὐτῶν αἰσχρὸν ἐστὶ καὶ λέγειν. 13 τὰ δὲ πάντα ἐλεγχόμενα ὑπὸ τοῦ φωτὸς φανεροῦνται· πᾶν γὰρ τὸ φανερούμενον φῶς ἐστὶ. 14 διὸ λέγει, Ἔγειραι ὁ καθεύδων καὶ ἀνάστα ἐκ τῶν νεκρῶν, καὶ ἐπιφάσει σοι ὁ Χριστός.

5:15-21 *We need to be filled with the Spirit*

15 Βλέπετε οὖν πῶς ἀκριβῶς **περιπατεῖτε**, μὴ ὡς ἄσοφοι, ἀλλ' ὡς σοφοί, 16 ἐξαγοραζόμενοι τὸν καιρὸν, ὅτι αἱ ἡμέραι πονηραὶ εἰσι. 17 διὰ τοῦτο μὴ γίνεσθε ἄφρονες, ἀλλὰ συνιέντες τί τὸ θέλημα τοῦ Κυρίου. 18 καὶ μὴ μεθύσκεσθε οἴνῳ, ἐν ᾧ ἐστὶν ἄσωτία, ἀλλὰ πληροῦσθε ἐν Πνεύματι, 19 λαλοῦντες ἑαυτοῖς ψαλμοῖς καὶ ὕμνοις καὶ ᾠδαῖς πνευματικαῖς, ᾄδοντες καὶ ψάλλοντες ἐν τῇ καρδίᾳ ὑμῶν τῷ Κυρίῳ, 20 εὐχαριστοῦντες πάντοτε ὑπὲρ πάντων ἐν ὀνόματι τοῦ Κυρίου ἡμῶν Ἰησοῦ Χριστοῦ τῷ Θεῷ καὶ πατρί, 21 ὑποτασσόμενοι ἀλλήλοις ἐν φόβῳ Θεοῦ.

5:22-6:9 *A radical change in human relationship should ensue*

22 **Αἱ γυναῖκες**, τοῖς ἰδίῳι ἀνδράσιν ὑποτάσσεσθε, ὡς τῷ Κυρίῳ. 23 ὅτι ὁ ἀνὴρ ἐστὶ κεφαλὴ τῆς γυναικός, ὡς καὶ ὁ Χριστὸς κεφαλὴ τῆς ἐκκλησίας, καὶ αὐτὸς ἐστὶ σωτὴρ τοῦ σώματος, 24 ἀλλ' ὡσπερ ἡ ἐκκλησία ὑποτάσσεται τῷ Χριστῷ, οὕτω καὶ αἱ γυναῖκες τοῖς ἰδίῳι ἀνδράσιν ἐν παντί.

25 **οἱ ἄνδρες**, ἀγαπᾶτε τὰς γυναῖκας ἑαυτῶν, καθὼς καὶ ὁ Χριστὸς ἠγάπησε τὴν ἐκκλησίαν, καὶ ἑαυτὸν παρέδωκεν ὑπὲρ αὐτῆς· 26 ἵνα αὐτὴν ἀγιάσῃ, καθαρίσας τῷ λουτρῷ τοῦ ὕδατος ἐν ῥήματι, 27 ἵνα παραστήσῃ αὐτὴν ἑαυτῷ ἔνδοξον τὴν ἐκκλησίαν, μὴ ἔχουσαν σπῖλον ἢ ρυτίδα ἢ τι τῶν τοιούτων, ἀλλ' ἵνα ἡ ἀγία καὶ ἄμωμος. 28 οὕτως ὀφείλουσιν οἱ ἄνδρες ἀγαπᾶν τὰς ἑαυτῶν γυναῖκας ὡς τὰ ἑαυτῶν σώματα. ὁ ἀγαπῶν τὴν ἑαυτοῦ γυναῖκα ἑαυτὸν ἀγαπᾷ· 29 οὐδεὶς γὰρ ποτε τὴν ἑαυτοῦ σάρκα ἐμίσησεν, ἀλλ' ἐκτρέφει καὶ θάλπει αὐτήν, καθὼς καὶ ὁ Κύριος τὴν ἐκκλησίαν· 30 ὅτι μέλη ἐσμὲν τοῦ σώματος αὐτοῦ, ἐκ τῆς σαρκὸς αὐτοῦ καὶ ἐκ τῶν ὀστέων αὐτοῦ. 31 Ἄντι τούτου καταλείπει ἄνθρωπος τὸν πατέρα αὐτοῦ καὶ τὴν μητέρα, καὶ προσκολληθήσεται πρὸς τὴν γυναῖκα αὐτοῦ, καὶ ἔσονται οἱ δύο εἰς σάρκα μίαν. 32 τὸ μυστήριον τοῦτο μέγα ἐστίν· ἐγὼ δὲ λέγω εἰς Χριστὸν, καὶ εἰς τὴν ἐκκλησίαν. 33 πλὴν καὶ ὑμεῖς οἱ καθ' ἓνα, ἕκαστος τὴν ἑαυτοῦ γυναῖκα οὕτως ἀγαπάτω ὡς ἑαυτόν· ἡ δὲ γυνὴ ἵνα φοβῆται τὸν ἄνδρα.

6:1 **Τὰ τέκνα**, ὑπακούετε τοῖς γονεῦσιν ὑμῶν ἐν Κυρίῳ· τοῦτο γὰρ ἐστὶ δίκαιον. 2 Τίμα τὸν πατέρα σου καὶ τὴν μητέρα (ἣτις ἐστὶν ἐντολὴ πρώτη ἐν ἐπαγγελίᾳ), 3 ἵνα εὖ σοι γένηται, καὶ ἔσῃ μακροχρόνιος ἐπὶ τῆς γῆς. 4 καὶ οἱ πατέρες, μὴ παροργίζετε τὰ τέκνα ὑμῶν, ἀλλ' ἐκτρέφετε αὐτὰ ἐν παιδείᾳ καὶ νουθεσίᾳ Κυρίου.

5 **Οἱ δούλοι**, ὑπακούετε τοῖς κυρίοις κατὰ σάρκα μετὰ φόβου καὶ τρόμου, ἐν ἀπλότῃ τῆς καρδίας ὑμῶν, ὡς τῷ Χριστῷ· 6 μὴ κατ' ὀφθαλμοδουλείαν ὡς ἀνθρωπάρεσκοι, ἀλλ' ὡς δούλοι τοῦ Χριστοῦ, ποιοῦντες τὸ θέλημα τοῦ Θεοῦ ἐκ ψυχῆς, 7 μετ' εὐνοίας δουλεύοντες ὡς τῷ Κυρίῳ καὶ οὐκ ἀνθρώποις· 8 εἰδότες ὅτι ὁ ἐάν τι ἕκαστος ποιήσῃ ἀγαθόν, τοῦτο κομιεῖται παρὰ τοῦ Κυρίου, εἴτε δούλος, εἴτε ἐλεύθερος.

9 καὶ **οἱ κύριοι**, τὰ αὐτὰ ποιεῖτε πρὸς αὐτούς, ἀνιέντες τὴν ἀπειλήν· εἰδότες ὅτι καὶ ὑμῶν αὐτῶν ὁ Κύριός ἐστιν ἐν οὐρανοῖς, καὶ προσωποληψία οὐκ ἐστὶ παρ' αὐτῷ.

6:10-20 There is a major spiritual battle being waged in the heavenly realms

6:10-12 The spiritual battle is immensely important

10 Τὸ λοιπόν, ἀδελφοί μου, ἐνδυναμοῦσθε ἐν Κυρίῳ, καὶ ἐν τῷ κράτει τῆς ἰσχύος αὐτοῦ. 11 ἐνδύσασθε τὴν πανοπλίαν τοῦ Θεοῦ, πρὸς τὸ δύνασθαι ὑμᾶς **στήναι** πρὸς τὰς μεθοδείας τοῦ διαβόλου. 12 ὅτι οὐκ ἔστιν ἡμῖν ἡ πάλη πρὸς αἷμα καὶ σάρκα, ἀλλὰ πρὸς τὰς ἀρχάς, πρὸς τὰς ἐξουσίας, πρὸς τοὺς κοσμοκράτορας τοῦ σκότους τοῦ αἰῶνος τούτου, πρὸς τὰ πνευματικὰ τῆς πονηρίας **ἐν τοῖς ἐπουρανίοις**.

6:13-17 We need special armor for the spiritual battle

13 διὰ τοῦτο ἀναλάβετε τὴν πανοπλίαν τοῦ Θεοῦ, ἵνα δυνηθῆτε **ἀντιστήναι** ἐν τῇ ἡμέρᾳ τῇ πονηρᾷ, καὶ ἅπαντα κατεργασάμενοι **στήναι**. 14 **στήτε** οὖν περιζωσάμενοι τὴν ὀσφὺν ὑμῶν ἐν ἀληθείᾳ, καὶ ἐνδυσάμενοι τὸν θώρακα τῆς δικαιοσύνης, 15 καὶ ὑποδησάμενοι τοὺς πόδας ἐν ἐτοιμασίᾳ τοῦ εὐαγγελίου τῆς εἰρήνης· 16 ἐπὶ πᾶσιν ἀναλαβόντες τὸν θυρεὸν τῆς πίστεως, ἐν ᾧ δυνησεσθε πάντα τὰ βέλη τοῦ πονηροῦ τὰ πεπυρωμένα σβέσαι. 17 καὶ τὴν περικεφαλαίαν τοῦ σωτηρίου δέξασθε, καὶ τὴν μάχαιραν τοῦ Πνεύματος, ὃ ἐστὶ ρῆμα Θεοῦ·

6:18-20 Continual prayer in the Spirit on all occasions for all believers is essential

18 διὰ πάσης προσευχῆς καὶ δεήσεως προσευχόμενοι ἐν παντὶ καιρῷ ἐν Πνεύματι, καὶ εἰς αὐτὸ τοῦτο ἀγρυπνοῦντες ἐν πάσῃ προσκαρτερήσει καὶ δεήσει περὶ πάντων τῶν ἀγίων, 19 καὶ ὑπὲρ ἐμοῦ, ἵνα μοι δοθῆι λόγος ἐν ἀνοίξει τοῦ στόματος μου ἐν παρρησίᾳ, γνωρίσαι τὸ μυστήριον τοῦ εὐαγγελίου, 20 ὑπὲρ οὗ πρεσβεύω ἐν ἀλύσει, ἵνα ἐν αὐτῷ παρρησιάσωμαι, ὡς δεῖ με λαλήσαι.

6:21-24 Paul concludes with words of encouragement

21 Ἴνα δὲ εἰδῆτε καὶ ὑμεῖς τὰ κατ' ἐμέ, τί πράσσω, πάντα ὑμῖν γνωρίσει Τυχικὸς ὁ ἀγαπητὸς ἀδελφὸς καὶ πιστὸς διάκονος ἐν Κυρίῳ· 22 ὃν ἔπεμψα πρὸς ὑμᾶς εἰς αὐτὸ τοῦτο, ἵνα γνῶτε τὰ περὶ ἡμῶν, καὶ παρακαλέση τὰς καρδίας ὑμῶν. 23 Εἰρήνη τοῖς ἀδελφοῖς καὶ ἀγάπη μετὰ πίστεως ἀπὸ Θεοῦ πατρὸς καὶ Κυρίου Ἰησοῦ Χριστοῦ. 24 ἡ χάρις μετὰ πάντων τῶν ἀγαπώντων τὸν Κύριον ἡμῶν Ἰησοῦν Χριστὸν ἐν ἀφθαρσίᾳ. ἀμήν.

Prepared by Donald L Potter on July 23, 2017.

Bosquejo de Efesios - RVR 1960

Ephesians: Intervarsity Press NT Commentary Series, 1997

Por Walter L. Liefeld:

1:1-2 Pablo saluda a los que reciben su carta.

1:3-14 Le debemos alabanza a Dios por su gran bendición en los lugares celestiales en Cristo.

1:3 Hemos sido traídos a lugares celestiales.

1:4-10 Nuestro destino es parte del gran plan de Dios para resumir todas las cosas en Cristo.

1:11-14 Dios va a hacer funcionar todo para completar Su propósito para aquellos que pertenecen a él.

1:15-23 Pablo agradece a Dios por todas estas cosas y ruega acorde a los Cristianos.

1:15-16 Paul está agradecido por la fe y el amor que tiene los cristianos.

1:17-23 Paul le pide a Dios que ayude a los creyentes a entender el poder de Dios y la presente posición exaltada de Cristo.

2:1-10 El primer paso en el cumplimiento del plan de Dios es resucitar a la gente espiritualmente de la muerte a la vida.

2:1-3 Estábamos en un estado de muerte espiritual.

2:4-10 Ahora tenemos el don de vida espiritual.

2:11-22 El Segundo paso en el cumplimiento del plan de Dios es reconciliar los judíos y los gentiles a través de la cruz.

2:11-12 Estábamos muy separados el uno del otro.

2:13-18 Cristo nos reconcilió unos con otros.

2:19-22 Como resultado de la reconciliación, juntos formamos un gran templo donde Dios reside.

3:1-21 El tercer paso en el cumplimiento del plan de Dios es la formación de la iglesia como un cuerpo

3:1-6 La intención de Dios es un misterio que se está desarrollando (desarrollando).

3:7-13 Dios eligió cumplir su intención a través de Pablo y luego a través de la iglesia.

3:14-21 Pablo ofrece una oración que continúa revelando la intención de Dios en la iglesia.

4:1-6 El cuarto paso en cumplimiento del plan de Dios es mantener la unidad de la iglesia.

4:1 Debemos vivir una vida digna de nuestro llamado.

4:2-3 Hay algunas cualidades personales necesarias para nuestra unidad.

4:4-6 Hay ciertas doctrinas que son básicas a nuestra unidad.

4:7-16 El quinto paso en el cumplimiento del plan de Dios es fomentar la madurez corporativa a través de los dones de Dios a la iglesia.

4:7 La individualidad es importante.

4:8-10 Un pasaje en los Salmos anticipa el otorgamiento de los dones de Dios

4:11 Hay dones especiales – los propios líderes – a quien Dios les ha dado la iglesia.

4:12-16 Estos dones formentan tanto la unidad y la madurez.

4:17-6:9 El sexto paso en el cumplimiento del plan de Dios es la adopción (logro) de la moralidad Cristiana obtenida a través de un cambio radical.

4:17-19 El cambio radical es necesario.

4:20-24 El cambio radical tiene una base firme en la vida Cristiana.

4:25-5:2 Pablo cita ejemplos específicos (concretos) de este cambio radical.

5:3-14 Hay una necesidad para aún más cambios morales.

5:15-21 Tenemos que ser llenados con el Espíritu.

5:22-6:9 Debe resultar un cambio radical en las relaciones humanas.

6:10-20 Hay una gran batalla que se libra en los reinos cielos.

6:10-12 La batalla espiritual es inmensamente importante.

6:13-17 Necesitamos una armadura especial para la batalla espiritual.

6:18-20 Es esencial la oración continua en el Espíritu en todas las ocasiones y por todo los cristianos.

6:21-24 Pablo concluye con palabras de aliento.

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Ephesians: Intervarsity Press NT Commentary Series, 1997

Por Walter L. Liefeld:

1:1-2 Pablo saluda a los que reciben su carta.

1 Pablo, apóstol de Jesucristo por la voluntad de Dios, a los santos y fieles en Cristo Jesús que están en Efeso: 2 Gracia y paz a vosotros, de Dios nuestro Padre y del Señor Jesucristo.

1:3-14 Le debemos alabanza a Dios por su gran bendición en los lugares celestiales en Cristo.

1:3 Hemos sido traídos a lugares celestiales.

3 Bendito sea el Dios y Padre de nuestro Señor Jesucristo, que nos bendijo con toda bendición espiritual en los [lugares celestiales](#) en Cristo

1:4-10 Nuestro destino es parte del gran plan de Dios para resumir todas las cosas en Cristo.

4 según nos escogió en él antes de la fundación del mundo, para que fuésemos santos y sin mancha delante de él, 5 en [amor](#) habiéndonos predestinado para ser adoptados hijos suyos por medio de Jesucristo, según el puro afecto de su voluntad, 6 **para alabanza de la gloria de su gracia**, con la cual nos hizo aceptos en el Amado, 7 en quien tenemos redención por su sangre, el perdón de pecados según las riquezas de su gracia, 8 que hizo sobreabundar para con nosotros en toda sabiduría e inteligencia, 9 dándonos a conocer el misterio de su voluntad, según su beneplácito, el cual se había propuesto en sí mismo, 10 de reunir todas las cosas en Cristo, en la dispensación del cumplimiento de los tiempos, así las que están en los cielos, como las que están en la tierra.

1:11-14 Dios va a hacer funcionar todo para completar Su propósito para aquellos que pertenecen a él.

11 En él asimismo tuvimos herencia, habiendo sido predestinados conforme al propósito del que hace todas las cosas según el designio de su voluntad, 12 a fin de que seamos **para alabanza de su gloria**, nosotros los que primeramente esperábamos en Cristo. 13 En él también vosotros, habiendo oído la palabra de verdad, el evangelio de vuestra salvación, y habiendo creído en él, fuisteis sellados con el Espíritu Santo de la promesa, 14 que es las arras de nuestra herencia hasta la redención de la posesión adquirida, **para alabanza de su gloria**.

1:15-23 Pablo agradece a Dios por todas estas cosas y ruega acorde a los Cristianos.

1:15-16 Paul está agradecido por la fe y el amor que tiene los cristianos.

15 Por esta causa también yo, habiendo oído de vuestra fe en el Señor Jesús, y de vuestro [amor](#) para con todos los santos, 16 no ceso de dar gracias por vosotros, haciendo memoria de vosotros en mis oraciones,

1:17-23 Paul le pido a Dios que ayude a los creyentes a entender el poder de Dios y la presente posición exaltada de Cristo.

17 para que el Dios de nuestro Señor Jesucristo, el Padre de gloria, os dé espíritu de sabiduría y de revelación en el conocimiento de él, 18 alumbrando los ojos de vuestro entendimiento, para que sepáis cuál es la esperanza a que él os ha llamado, y cuáles las riquezas de la gloria de su herencia en los santos, 19 y cuál la supereminente grandeza de su poder para con nosotros los que creemos, según la operación del poder de su fuerza, 20 la cual operó en Cristo, resucitándole de los muertos y sentándole a su diestra en los **lugares celestiales**, 21 sobre todo principado y autoridad y poder y señorío, y sobre todo nombre que se nombra, no sólo en este siglo, sino también en el venidero; 22 y sometió todas las cosas bajo sus pies, y lo dio por cabeza sobre todas las cosas a la iglesia, 23 la cual es su cuerpo, la plenitud de Aquel que todo lo llena en todo.

2:1-10 El primer paso en el cumplimiento del plan de Dios es resucitar a la gente espiritualmente de la muerte a la vida.

2:1-3 Estábamos en un estado de muerte espiritual.

1 Y él os dio vida a vosotros, cuando estabais muertos en vuestros delitos y pecados, 2 en los cuales anduvisteis en otro tiempo, siguiendo la corriente de este mundo, conforme al príncipe de la potestad del aire, el espíritu que ahora opera en los hijos de desobediencia, 3 entre los cuales también todos nosotros vivimos en otro tiempo en los deseos de nuestra carne, haciendo la voluntad de la carne y de los pensamientos, y éramos por naturaleza hijos de ira, lo mismo que los demás.

2:4-10 Ahora tenemos el don de vida espiritual.

4 Pero Dios, que es rico en misericordia, por su gran **amor** con que nos amó, 5 aun estando nosotros muertos en pecados, nos dio vida juntamente con Cristo (por gracia sois salvos), 6 y juntamente con él nos resucitó, y asimismo nos hizo sentar en los **lugares celestiales** con Cristo Jesús, 7 para mostrar en los siglos venideros las abundantes riquezas de su gracia en su bondad para con nosotros en Cristo Jesús. 8 Porque por gracia sois salvos por medio de la fe; y esto no de vosotros, pues es don de Dios; 9 no por obras, para que nadie se gloríe. 10 Porque somos hechura suya, creados en Cristo Jesús para buenas obras, las cuales Dios preparó de antemano para que anduviésemos en ellas.

2:11-22 El Segundo paso en el cumplimiento del plan de Dios es reconciliar los judíos y los gentiles a través de la cruz.

2:11-12 Estábamos muy separados el uno del otro.

11 Por tanto, acordaos de que en otro tiempo vosotros, los gentiles en cuanto a la carne, erais llamados incircuncisión por la llamada circuncisión hecha con mano en la carne. 12 En aquel tiempo estabais sin Cristo, alejados de la ciudadanía de Israel y ajenos a los pactos de la promesa, sin esperanza y sin Dios en el mundo.

2:13-18 Cristo nos reconcilió unos con otros.

13 Pero ahora en Cristo Jesús, vosotros que en otro tiempo estabais lejos, habéis sido hechos cercanos por la sangre de Cristo. 14 Porque él es nuestra paz, que de ambos pueblos hizo uno, derribando la pared intermedia de separación, 15 aboliendo en su carne las enemistades, la ley de los mandamientos expresados en ordenanzas, para crear en sí mismo de los dos un solo y nuevo hombre, haciendo la paz, 16 y mediante la cruz reconciliar con Dios a ambos en un solo cuerpo, matando en ella las enemistades. 17 Y vino y anunció las buenas nuevas de paz a vosotros que estabais lejos, y a los que estaban cerca; 18 porque por medio de él los unos y los otros tenemos entrada por un mismo Espíritu al Padre.

2:19-22 Como resultado de la reconciliación, juntos formamos un gran templo donde Dios reside.

19 Así que ya no sois extranjeros ni advenedizos, sino conciudadanos de los santos, y miembros de la familia de Dios, 20 edificados sobre el fundamento de los apóstoles y profetas, siendo la principal piedra del ángulo Jesucristo mismo, 21 en quien todo el edificio, bien coordinado, va creciendo para ser un templo santo en el Señor; 22 en quien vosotros también sois juntamente edificados para morada de Dios en el Espíritu.

3:1-21 El tercer paso en el cumplimiento del plan de Dios es la formación de la iglesia como un cuerpo

3:1-6 La intención de Dios es un misterio que se está desarrollando (desarrollando).

1 Por esta causa yo Pablo, prisionero de Cristo Jesús por vosotros los gentiles; 2 si es que habéis oído de la administración de la gracia de Dios que me fue dada para con vosotros; 3 que por revelación me fue declarado el misterio, como antes lo he escrito brevemente, 4 leyendo lo cual podéis entender cuál sea mi conocimiento en el misterio de Cristo, 5 misterio que en otras generaciones no se dio a conocer a los hijos de los hombres, como ahora es revelado a sus santos apóstoles y profetas por el Espíritu: 6 que los gentiles son coherederos y miembros del mismo cuerpo, y copartícipes de la promesa en Cristo Jesús por medio del evangelio,

3:7-13 Dios eligió cumplir su intención a través de Pablo y luego a través de la iglesia.

7 del cual yo fui hecho ministro por el don de la gracia de Dios que me ha sido dado según la operación de su poder. 8 A mí, que soy menos que el más pequeño de todos los santos, me fue dada esta gracia de anunciar entre los gentiles el evangelio de las inescrutables riquezas de Cristo, 9 y de aclarar a todos cuál sea la dispensación del misterio escondido desde los siglos en Dios, que creó todas las cosas; 10 para que la multiforme sabiduría de Dios sea ahora dada a conocer por medio de la iglesia a los principados y potestades en los [lugares celestiales](#), 11 conforme al propósito eterno que hizo en Cristo Jesús nuestro Señor, 12 en quien tenemos seguridad y acceso con confianza por medio de la fe en él; 13 por lo cual pido que no desmayéis a causa de mis tribulaciones por vosotros, las cuales son vuestra gloria.

3:14-21 Pablo ofrece una oración que continúa revelando la intención de Dios en la iglesia.

14 Por esta causa doblo mis rodillas ante el Padre de nuestro Señor Jesucristo, 15 de quien toma nombre toda familia en los cielos y en la tierra, 16 para que os dé, conforme a las riquezas de su gloria, el ser fortalecidos con poder en el hombre interior por su Espíritu; 17 para que habite Cristo por la fe en vuestros corazones, a fin de que, arraigados y cimentados en [amor](#), 18 seáis plenamente capaces de comprender con todos los santos cuál sea la anchura, la longitud, la profundidad y la altura, 19 y de conocer el [amor](#) de Cristo, que excede a todo conocimiento, para que seáis llenos de toda la plenitud de Dios. 20 Y a Aquel que es poderoso para hacer todas las cosas mucho más abundantemente de lo que pedimos o entendemos, según el poder que actúa en nosotros, 21 a él sea gloria en la iglesia en Cristo Jesús por todas las edades, por los siglos de los siglos. Amén.

4:1-6 El cuarto paso en cumplimiento del plan de Dios es mantener la unidad de la iglesia.

4:1 Debemos vivir una vida digna de nuestro llamado.

1 Yo pues, preso en el Señor, os ruego que andéis como es digno de la vocación con que fuisteis llamados,

4:2-3 Hay algunas cualidades personales necesarias para nuestra unidad.

2 con toda humildad y mansedumbre, soportándoos con paciencia los unos a los otros en amor, 3 solícitos en guardar la unidad del Espíritu en el vínculo de la paz;

4:4-6 Hay ciertas doctrinas que son básicas a nuestra unidad.

4 un cuerpo, y un Espíritu, como fuisteis también llamados en una misma esperanza de vuestra vocación; 5 un Señor, una fe, un bautismo, 6 un Dios y Padre de todos, el cual es sobre todos, y por todos, y en todos.

4:7-16 El quinto paso en el cumplimiento del plan de Dios es fomentar la madurez corporativa a través de los dones de Dios a la iglesia.

4:7 La individualidad es importante.

7 Pero a cada uno de nosotros fue dada la gracia conforme a la medida del don de Cristo.

4:8-10 Un pasaje en los Salmos anticipa el otorgamiento de los dones de Dios

8 Por lo cual dice: <Subiendo a lo alto, llevó cautiva la cautividad, Y dio dones a los hombres.> 9 Y eso de que subió, ¿qué es, sino que también había descendido primero a las partes más bajas de la tierra? 10 El que descendió, es el mismo que también subió por encima de todos los cielos para llenarlo todo.

4:11 Hay dones especiales – los propios líderes – a quien Dios les ha dado la iglesia.

11 Y él mismo constituyó a unos, apóstoles; a otros, profetas; a otros, evangelistas; a otros, pastores y maestros,

4:12-16 Estos dones fomentan tanto la unidad y la madurez.

12 a fin de perfeccionar a los santos para la obra del ministerio, para la edificación del cuerpo de Cristo, 13 hasta que todos lleguemos a la unidad de la fe y del conocimiento del Hijo de Dios, a un varón perfecto, a la medida de la estatura de la plenitud de Cristo; 14 para que ya no seamos niños fluctuantes, llevados por doquiera de todo viento de doctrina, por estratagema de hombres que para engañar emplean con astucia las artimañas del error, 15 sino que siguiendo la verdad en amor, crezcamos en todo en aquel que es la cabeza, esto es, Cristo, 16 de quien todo el cuerpo, bien concertado y unido entre sí por todas las coyunturas que se ayudan mutuamente, según la actividad propia de cada miembro, recibe su crecimiento para ir edificándose en amor.

4:17-6:9 El sexto paso en el cumplimiento del plan de Dios es la adopción (logro) de la moralidad Cristiana obtenida a través de un cambio radical.

4:17-19 El cambio radical es necesario.

17 Esto, pues, digo y requiero en el Señor: que ya no andéis como los otros gentiles, que andan en la vanidad de su mente, 18 teniendo el entendimiento entenebrecido, ajenos de la vida de Dios por la ignorancia que en ellos hay, por la dureza de su corazón; 19 los cuales, después que perdieron toda sensibilidad, se entregaron a la lascivia para cometer con avidez toda clase de impureza.

4:20-24 El cambio radical tiene una base firme en la vida Cristiana.

20 Mas vosotros no habéis aprendido así a Cristo, 21 si en verdad le habéis oído, y habéis sido por él enseñados, conforme a la verdad que está en Jesús. 22 En cuanto a la pasada manera de vivir, despojaos del viejo hombre, que está viciado conforme a los deseos engañosos, 23 y renovaos en el espíritu de vuestra mente, 24 y vestíos del nuevo hombre, creado según Dios en la justicia y santidad de la verdad.

4:25-5:2 Pablo cita ejemplos específicos (concretos) de este cambio radical.

25 Por lo cual, desechando la mentira, hablad verdad cada uno con su prójimo; porque somos miembros los unos de los otros. 26 Airaos, pero no pequéis; no se ponga el sol sobre vuestro enojo, 27 ni deis lugar al diablo. 28 El que hurtaba, no hurte más, sino trabaje, haciendo con sus manos lo que es bueno, para que tenga qué compartir con el que padece necesidad. 29 Ninguna palabra corrompida salga de vuestra boca, sino la que sea buena para la necesaria edificación, a fin de dar gracia a los oyentes. 30 Y no contristéis al Espíritu Santo de Dios, con el cual fuisteis sellados para el día de la redención. 31 Quitense de vosotros toda amargura, enojo, ira, gritería y maledicencia, y toda malicia. 32 Antes sed benignos unos con otros, misericordiosos, perdonándoos unos a otros, como Dios también os perdonó a vosotros en Cristo. 5:1 Sed, pues, imitadores de Dios como hijos amados. 2 Y andad en amor, como también Cristo nos amó, y se entregó a sí mismo por nosotros, ofrenda y sacrificio a Dios en olor fragante.

5:3-14 Hay una necesidad para aún más cambios morales.

3 Pero fornicación y toda inmundicia, o avaricia, ni aun se nombre entre vosotros, como conviene a santos; 4 ni palabras deshonestas, ni necedades, ni truhanerías, que no convienen, sino antes bien acciones de gracias. 5 Porque sabéis esto, que ningún fornicario, o inmundo, o avaro, que es idólatra, tiene herencia en el reino de Cristo y de Dios. 6 Nadie os engañe con palabras vanas, porque por estas cosas viene la ira de Dios sobre los hijos de desobediencia. 7 No seáis, pues, partícipes con ellos. 8 Porque en otro tiempo erais tinieblas, mas ahora sois luz en el Señor; andad como hijos de luz 9 (porque el fruto del Espíritu es en toda bondad, justicia y verdad), 10 comprobando lo que es agradable al Señor. 11 Y no participéis en las obras infructuosas de las tinieblas, sino más bien reprendedlas; 12 porque vergonzoso es aun hablar de lo que ellos hacen en secreto. 13 Mas todas las cosas, cuando son puestas en evidencia por la luz, son hechas manifiestas; porque la luz es lo que manifiesta todo. 14 <Por lo cual dice: Despiértate, tú que duermes, Y levántate de los muertos, Y te alumbrará Cristo.>

5:15-21 Tenemos que ser llenados con el Espíritu.

15 Mirad, pues, con diligencia cómo andéis, no como necios sino como sabios, 16 aprovechando bien el tiempo, porque los días son malos. 17 Por tanto, no seáis insensatos, sino entendidos de cuál sea la voluntad del Señor. 18 No os embriaguéis con vino, en lo cual hay disolución; antes bien sed llenos del Espíritu, 19 hablando entre vosotros con salmos, con himnos y cánticos espirituales, cantando y alabando al Señor en vuestros corazones; 20 dando siempre gracias por todo al Dios y Padre, en el nombre de nuestro Señor Jesucristo. 21 Someteos unos a otros en el temor de Dios.

5:22-6:9 Debe resultar un cambio radical en las relaciones humanas.

22 Las **casadas** estén sujetas a sus propios maridos, como al Señor; 23 porque el marido es cabeza de la mujer, así como Cristo es cabeza de la iglesia, la cual es su cuerpo, y él es su Salvador. 24 Así que, como la iglesia está sujeta a Cristo, así también las casadas lo estén a sus maridos en todo.

25 **Maridos**, amad a vuestras mujeres, así como Cristo amó a la iglesia, y se entregó a sí mismo por ella, 26 para santificarla, habiéndola purificado en el lavamiento del agua por la palabra, 27 a fin de presentársela a sí mismo, una iglesia gloriosa, que no tuviese mancha ni arruga ni cosa semejante, sino que fuese santa y sin mancha. 28 Así también los maridos deben amar a sus mujeres como a sus mismos cuerpos. El que ama a su mujer, a sí mismo se ama. 29 Porque nadie aborreció jamás a su propia carne, sino que la sustenta y la cuida, como también Cristo a la iglesia, 30 porque somos miembros de su cuerpo, de su carne y de sus huesos. 31 Por esto dejará el hombre a su padre y a su madre, y se unirá a su mujer, y los dos serán una sola carne. 32 Grande es este misterio; mas yo digo esto respecto de Cristo y de la iglesia. 33 Por lo demás, cada uno de vosotros ame también a su mujer como a sí mismo; y la mujer respete a su marido.

6:1 **Hijos**, obedeced en el Señor a vuestros padres, porque esto es justo. 2 Honra a tu padre y a tu madre, que es el primer mandamiento con promesa; 3 para que te vaya bien, y seas de larga vida sobre la tierra. 4 Y vosotros, padres, no provoquéis a ira a vuestros hijos, sino criadlos en disciplina y amonestación del Señor.

5 **Siervos**, obedeced a vuestros amos terrenales con temor y temblor, con sencillez de vuestro corazón, como a Cristo; 6 no sirviendo al ojo, como los que quieren agradar a los hombres, sino como siervos de Cristo, de corazón haciendo la voluntad de Dios; 7 sirviendo de buena voluntad, como al Señor y no a los hombres, 8 sabiendo que el bien que cada uno hiciere, ése recibirá del Señor, sea siervo o sea libre.

9 Y vosotros, **amos**, haced con ellos lo mismo, dejando las amenazas, sabiendo que el Señor de ellos y vuestro está en los cielos, y que para él no hay acepción de personas.

6:10-20 Hay una gran batalla que se libra en los reinos cielos.

6:10-12 La batalla espiritual es inmensamente importante.

10 Por lo demás, hermanos míos, fortaleceos en el Señor, y en el poder de su fuerza. 11 Vestíos de toda la armadura de Dios, para que podáis estar firmes contra las asechanzas del diablo. 12 Porque no tenemos lucha contra sangre y carne, sino contra principados, contra potestades, contra los gobernadores de las tinieblas de este siglo, contra huestes espirituales de maldad en las [regiones celestes](#).

6:13-17 Necesitamos una armadura especial para la batalla espiritual.

13 Por tanto, tomad toda la armadura de Dios, para que podáis resistir en el día malo, y habiendo acabado todo, estar firmes. 14 Estad, pues, firmes, ceñidos vuestros lomos con la verdad, y vestidos con la coraza de justicia, 15 y calzados los pies con el apresto del evangelio de la paz. 16 Sobre todo, tomad el escudo de la fe, con que podáis apagar todos los dardos de fuego del maligno. 17 Y tomad el yelmo de la salvación, y la espada del Espíritu, que es la palabra de Dios;

6:18-20 Es esencial la oración continua en el Espíritu en todas las ocasiones y por todo los cristianos.

18 orando en todo tiempo con toda oración y súplica en el Espíritu, y velando en ello con toda perseverancia y súplica por todos los santos; 19 y por mí, a fin de que al abrir mi boca me sea dada palabra para dar a conocer con denuedo el misterio del evangelio, 20 por el cual soy embajador en cadenas; que con denuedo hable de él, como debo hablar.

6:21-24 Pablo concluye con palabras de aliento.

21 Para que también vosotros sepáis mis asuntos, y lo que hago, todo os lo hará saber Tíquico, hermano amado y fiel ministro en el Señor, 22 el cual envié a vosotros para esto mismo, para que sepáis lo tocante a nosotros, y que consuele vuestros corazones. 23 Paz sea a los hermanos, y amor con fe, de Dios Padre y del Señor Jesucristo. 24 La gracia sea con todos los que aman a nuestro Señor Jesucristo con amor inalterable. Amén.

Marlin Hoffman's Method for Memorizing God's Word

by Donald L. Potter

June 22, 2003

Forward

In February of 1974, I met the late Brother Marlin S. Hoffman at the Abilene Christian College Lectures. Brother Hoffman was a short man, full of dynamic enthusiasm for the work of the Lord. At the time he was selling his books, *The Power of Prayer and Fasting*, *You Can Memorize God's Word*, and *1000 Choice Verses of God's Word*. Each of these books mightily impacted my life and helped me to enjoy a life of great victory in the Lord.

Brother Hoffman taught many students at Abilene Christian College to seek the Lord's perfect will through Scripture memorization, prayer, and Biblical fasting. I only heard him preach once, but that sermon was filled with dynamic spiritual power.

In this document, I will share with you the fundamentals of **Marlin Hoffman's Method for Memorizing God's Word**. I used this method to memorize several books of the Bible when I was a student at the Sunset School of Preaching in Lubbock, Texas and throughout my years of ministry for the Master. I also used it to learn Spanish, Greek, and other difficult subjects. I know of **no better method** for memorizing Scripture.

He wrote of his method, "**A unique plan that will help the Bible student memorize Scriptures. For self-improvement, can also be used to memorize names and dates in history, rules and equations in mathematics, prose and poetry, lesson outlines, or anything of importance.**"

Brother Hoffman's method was geared toward preachers and public speakers so his directions to always practice behind a lectern or pulpit was for them. I prefer to memorize while standing or walking since it helps me to focus my attention. I have a lectern in my office in my house that I use for memorizing and study. I know his method works because I used it to Memorize I & II Timothy, Titus, I Thessalonians, The Sermon on the Mount, and many verses from other books - and now I am memorizing Ephesians. I also used it to learn Spanish, Koine Greek, Morse Code (NG5W), and many other important things in my life.

THE METHOD

To avoid slurring and running words together, the rate of speech should be held to about 165 words per minute in reading or quoting God's word. To pause properly in speech for punctuation, one must *stop*, not just slow down. *Short* pauses should be allowed for commas, *medium* pauses for colons and semicolons, and *long* or *full* pauses for periods and dashes. However the uninspired word and comments of a speaker may be slower or faster with a variation in tone and loudness to hold the attention of the audience.

In quoting book, chapter and verse, a medium pause should be made between the chapter and verse or verses. Please study carefully the following examples: Matthew 5:3; Matthew 5:17 and 18; Matthew 5:43 through 48. In each case, a medium pause follows the number 5.

In all doing and teaching, one must have the proper sense of values to please God, and help save others. The immortal soul of man is truly priceless, far more valuable than his necessary food. A healthy body and mind, with great vitality for long and useful life, are worth more than the finest of apparel, even king's clothing. When any Christian really believes that his soul and body are more important than food and clothing or anything else, the cares of the world, the deceitfulness of riches, the lust of other things, and the pleasures of his life will have little power over him. His interest and enthusiasm for daily study and memorization of truth, living righteously by the faith that works through love, and saving his and other souls will increase and multiply beyond human imagination. Since it is impossible to serve God and mammon, and there is no profit in even gaining the whole world and losing one's soul, *being righteous is all-important*.

In this world, which is a proving ground, the Bible is the word of life for men of all nations to prepare them for eternal life. I sincerely implore that you read it and find this out for yourself. Do not read chapters and books here and there, but read and study both the Old and New Testaments, over and over again, that you may have a complete picture and good understanding of God and His will. This should be done daily in addition to the memorization of choice Scriptures. You will not only find it full of real men and women who were either righteous or unrighteous, but also of things that you have wondered about and been troubled all your life, as men have always been; and the more that you read, the more it will become plain to you what things are worthwhile and what things are not; what things make men happy – selflessness, right dealing, speaking the truth, and readiness to give everything for what they really want to accomplish in life, and most of all, the wish that they may have the real approval of Jesus Christ, who gave everything for them, including His life; and the things that are guaranteed to make men unhappy – pride, selfishness, cowardice, greed, and everything that is vile and sinful. When you read and diligently study the Bible, especially the New Testament, handling aright the word of truth, you will find the key to all things that you must *do* and *teach* to have real happiness now and forever.

It is generally customary for a speaker to stand while lecturing, teaching or preaching. Therefore, for the best results, all practice in reading and memorizing of Scriptures should be done in an audible manner, while standing in good posture behind a pulpit or stand. Heels should be six to nine inches apart, with feet turned slightly out for better balance and relaxation. A gesture to help illustrate a point is all right now and then, but not too many; for the mind of the audience will be distracted from the lesson. All fear and self-consciousness should be avoided or eliminated from the mind. To develop a good voice for public speaking, all words in daily practice should be read and quoted clear and loud enough for any person with normal hearing to hear and understand at the back of a large classroom or small auditorium. In all practice and speeches that are delivered to the public, intense concentration, genuine sincerity, necessary enthusiasm and good understanding should be cultivated with persistence and determination for improvement toward perfection.

Remember, that if an audience believes that a speaker is truly interested and loves everyone, that he really wants to help and encourage all, most anything can be said without offense. Therefore, it is very important to cultivate a friendly look and winning smile at all times; or the way that a speaker looks and acts has much to do with his ultimate success or failure; whether others dislike or love him.

It is easier to smile than to frown. A smile costs so little but gives so much. It enriches those who receive, without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever, and can be most important to the receiver. No one is so wealthy or powerful that he can get along without it, and no one is so poor but that he can be made rich by it. A smile helps create happiness and peace in the home, fosters good will in business, and inspires friendship. It brings rest to the weary, cheer to the discouraged, sunshine to the sad and lonely, and is nature's best antidote for trouble. Yet it cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone until it is given away. Some people are too tired, hopeless, or wicked to give a smile. Give them one of yours, as no one needs a smile so much as he who has none to give. So, *smile, smile, smile!*

Since 1935 with many various experiences in dealing with myself and others of all ages, we have found for best results, that about 6 verses of Scripture of average length should be read or quoted with proper expression per minute at this rate of speed, more people will be able to follow and understand the truth that is taught, and more good will be ultimately accomplished. When any speaker has the proper timing in his speech, he does more good to all concerned. He is like the fine rains, which fall more gently from heaven, and soak deeply into the earth, and give life to many living things.

The **main feature** of my method for memorization of Scriptures is *daily repetition, seeking perfection in all things*. All new material is read and quoted 8 times on the first day of study. On the second and consecutive days, the number of repetitions is decreased daily by one count — using the 8, 7, 6, 5, 4, 3 and 2 count on all Scriptures that are memorized. Please study the following diagram:

	READ	QUOTE	TOTAL
1st day	4	4	8
2nd day	3	4	7
3rd day	3	3	6
4th day	2	3	5
5th day	2	2	4
6th day	1	2	3
7th through the 30th days, every day	1	1	2
Thereafter, every 1 to 4 weeks, as needed.....	1	1	1

ON THE FIRST DAY, after the scriptural material has been chosen for memorization, and broken up into paragraphs and smaller parts for better use, one is ready to begin work for at least thirty minutes. This time for daily training can be increased to an hour or more, as progress is made, and the voice grows stronger, if desired for greater success. From 6 to 14 words, or one to two lines of print in a Bible or New Testament with double columns, generally dividing parts at a punctuation mark, should be read correctly with the proper expression four times, ever keeping the eyes on the words which are being read; then, looking away, quote from memory four times, as read four times. The second or following part of one to two lines of Scripture should be read four times, and quoted four times, in the same manner as the first part. On the first day, all other parts should be properly divided, read and quoted, as the first part. Remember that each part on the first day is read and quoted 8 times.

ON THE SECOND DAY, all parts are to remain separated, as on the first day of study. Each part should be read correctly with the proper expression three times, constantly keeping the eyes focused on the material which is being read; then, looking up, quote from memory four times, as read three times. On the second day, each part should be read and quoted 7 times. If any new verses of Scripture are added on the second day of study, all parts should be read accurately four times, and quoted four times.

ON THE THIRD DAY, all parts are to remain separated, as on the first and second days of study. Each part should be read three times without mistakes, and with the right timing and expression, concentrating on the words that are read; then quoted three times. There should not be any difference in the quality of the reading and quoting of God's word. On the third day, all parts that were used on the first day of study should be read and quoted 6 times. All parts of new verses which were added on the second day are to be read three times, and quoted four times. All parts of new verses which were added on the third day are to be read four times, and quoted four times. In order to avoid confusion, let it be stated now, that any new verses of Scripture which are added from day to day are to be read and quoted, repeated exactly, as the material used on the first day.

ON THE FOURTH DAY, about three to four lines, two parts, or most single verses should be put together; then read twice with the proper concentration, timing, accuracy and expression; and quoted three times in like manner. On the fourth day, all parts are to be read and quoted 5 times.

ON THE FIFTH DAY, about six to eight lines, four parts, or two verses of Scripture should be read properly in an audible manner two times, and quoted likewise twice. On the fifth day, each part of two verses is to be read and quoted 4 times.

Do not forget to read and quote the book, chapter, verse or verses at all times, with each passage of one, two or more verses of Scripture. For example, if the passage that is read and quoted contains only one verse of Scripture, the book chapter and verse should be added to the words of the verse, and read and quoted together on the fourth day. If the passage contains two verses of Scripture, the book, chapter and verses should be added, read and quoted together on the fifth day.

ON THE SIXTH DAY, all passages of three and four verses of Scripture with book, chapter and verses are to be put together; then read once and quoted twice. All other passages of one and two verses, or four verses of larger passages are also to be read one time and quoted two times. On the sixth day, all passages or parts should be read and quoted 3 times.

ON THE SEVENTH DAY, all passages of five to eight verses of Scripture with book, chapter and verses are to be read together one time, and quoted one time. All other passages of one to four verses, or eight verses of larger passages are also to be read once, and quoted once. On the seventh day, all passages or parts are to be read and quoted correctly 2 times.

ON THE EIGHTH DAY, all passages or paragraphs of nine to sixteen verses of Scripture are to be read one time and quoted one time. However, any passage or paragraph, which contains more than 10 verses of Scripture, would be better for use if divided into smaller parts. All other passages or paragraphs of one to eight verses are also to be read once and quoted once. On the eighth day, all passages are to be read and quoted right 2 times.

ON THE 9TH THROUGH THE 30TH DAY, as on the eighth day, all passages of Scripture should be read once and quoted once each day. Unless a reliable person is available to listen and correct mistakes, it is always best in reviewing Scriptures to read correctly each passage before quoting the same, that errors may be avoided at all times; for mistakes made and repeated very many times, they become very difficult to eliminate. For greater success in retaining Scriptures in the mind, the daily repetitions can continue for more than 30 days if desired. Would you like to possess great power to quote God's Word? Fantastic results can be obtained by reviewing Scriptures daily for six months or more. For eleven years, my young son, Larry, trained in this manner, and he was definitely the most accurate in quoting the Scriptures that I have ever heard or trained. On one test over a period of more than two weeks in reviewing Scriptures, he quoted about 5,000 verses of Scripture before he made a mistake that he could not correct himself from memory.

AFTER 30 DAYS OR MORE, all passages of Scripture should be read and quoted with the proper concentration, accuracy, timing, sincerity and expression—at least once each week for six months; a year would be better: then read and quote as often as necessary to retain in the memory. Lasting results, that are very useful, can be obtained by reviewing all older material every 1 to 4 weeks for life.

The powers of the human mind to think and reason righteously, to concentrate intensely without anxiety, to memorize and know truth to guide in the true worship of God, and to really help one to live and proclaim the truth to others who are lost in sin, will improve greatly in time if one has real faith in God, and ever studies, meditates, prays and commits to memory God's holy Word and commandments — never to be forgotten.

If you had not fully made up your mind to spend some time in the daily study and memorization of the Scriptures, may the Lord help you to do so by the time that you finish reading this booklet at least twice; six times would be much better. Yes, if you will read it a half dozen times, you will understand and remember more fully the things that you must believe and do to be really successful in your efforts. How about reading this booklet from cover to cover for six consecutive days? Then, read and reread from day to day the instructions for reading and quoting the passages of Scripture on the first, second, consecutive days and longer periods of time — and fully follow these instructions. In due time, if you do not grow weary in well doing, you will prosper and have good success in the memorization of God's Word, and beyond anything that you ever dreamed or imagined.

Final Note by Mr. Potter: The above Plan was taken from *You Can Memorize God's Word*. Copyright 1967 by Marlin S. Hoffman. It was dedicated to "TO ALL MY STUDENTS." It was printed by *Quality Printing* of Abilene, Texas.

I believe the late Brother Hoffman would want us to harness the power of the Internet to introduce a new generation to his powerful method for memorizing God's Word. It is with this *high and holy purpose* in mind that we make this chapter from Brother Hoffman's book available through the www.donpotter.net website.

Here is the link to my Spanish translation of Marlin Hoffman's Method.

http://donpotter.net/pdf/hoffman_mem_sp.pdf

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Note from Internet Publisher: Donald L. Potter

July 28, 2017

www.donpotter.net

I created this document to assist me in memorizing Paul's Epistle to the Ephesians in the King James Version. The Greek text is the TR. The Spanish text is the 1960 Spanish RVR.

Walter L. Lieferd's "Outline of Ephesians" is well suited for breaking the text into relatively short, easily managed logical sections for memorization. The "Outline" is from Lieferd's 1997 Intervarsity Press New Testament Commentary Series: *Ephesians*.

I would like to express thanks to Perla Sarmiento and Dr. Louis Tyler for assisting with the Spanish translation of the Outline.

I added Marlin Hoffman's "Method for Memorizing God's Word" to help students unfamiliar with Bible Memorization.

Mr. Potter revised this document on June 18, 2019.