

以弗所书

Ephesians

第一章

问安

- 1 奉 神旨意、作基督耶稣使徒的保罗、写信给在以弗所的圣徒、就是在基督耶稣里有忠心的人。
- 2 愿恩惠平安、从 神我们的父、和主耶稣基督、归与你们。

基督里的尸灵福气

- 3 愿颂赞归与我们主耶稣基督的父 神、他在基督里、曾赐给我们天上各样属灵的福气。
- 4 就如 神从创立世界以前、在基督里拣选了我们、使我们在他面前成为圣洁、无有瑕疵。
- 5 又因爱我们、就按著自己意旨所喜悦的、预定我们、藉著耶稣基督得儿子的名分、
- 6 使他荣耀的恩典得著称赞、这恩典是他在爱子里所赐给我们的。
- 7 我们藉这爱子的血、得蒙救赎、过犯得以赦免、乃是照他丰富的恩典。
- 8 这恩典是 神用诸般智慧聪明、充充足足赏给我们的、
- 9 都是照他自己所预定的美意、叫我们知道他旨意的奥秘、
- 10 要照所安排的、在日期满足的时候、使天上地上一切所有的、都在基督里面同归于一。
- 11 我们也在他里面得了基业、〔得或作成〕这原是那位随己意行作万事的、照著他旨意所预定的。
- 12 叫他的荣耀、从我们这首先在基督里有盼望的人、可以得著称赞。
- 13 你们既听见真理的道、就是那叫你们得救的福音、也信了基督、既然信他、就受了所应许的圣灵为印记。
- 14 这圣灵、是我们得基业的凭据、〔原文作质〕直等到 神之民〔民原文作产业〕被赎、使他的荣耀得著称赞。

Salutation

1:1 From Paul, an apostle of Christ Jesus by the will of God, to the saints [in Ephesus], the faithful in Christ Jesus. 1:2 Grace and peace to you from God our Father and the Lord Jesus Christ!

Spiritual Blessings in Christ

1:3 Blessed is the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms in Christ. 1:4 For he chose us in Christ before the foundation of the world that we may be holy and unblemished in his sight in love. 1:5 He did this by predestining us to adoption as his sons through Jesus Christ, according to the pleasure of his will— 1:6 to the praise of the glory of his grace that he has freely bestowed on us in his dearly loved Son. 1:7 In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace 1:8 that he lavished on us in all wisdom and insight. 1:9 He did this when he revealed to us the secret of his will, according to his good pleasure that he set forth in Christ, 1:10 toward the administration of the fullness of the times, to head up all things in Christ—the things in heaven and the things on earth. 1:11 In Christ we too have been claimed as God's own possession, since we were predestined according to the one purpose of him who accomplishes all things according to the counsel of his will 1:12 so that we, who were the first to set our hope on Christ, would be to the praise of his glory. 1:13 And when you heard the word of truth (the gospel of your salvation)—when you believed in Christ—you were marked with the seal of the promised Holy Spirit, 1:14 who is the down payment of our inheritance, until the redemption of God's own possession, to the praise of his glory.

求智慧和启示的祷告

- 15 因此、我既听见你们信从主耶稣、亲爱众圣徒、
 16 就为你们不住的感谢 神、祷告的时候、常题到你们、
 17 求我们主耶稣基督的 神、荣耀的父、将那赐人智慧和启示的灵、赏给你们、使你们真知道他、
 18 并且照明你们心中的眼睛、使你们知道他的恩召有何等指望、他在圣徒中得的基业、有何等丰盛的荣耀、
 19 并知道他向我们这信的人所显的能力、是何等浩大、
 20 就是照他在基督身上、所运行的大能大力、使他从死里复活、叫他在天上坐在自己的右边、
 21 远超过一切执政的、掌权的、有能的、主治的、和一切有名的、不但是今世的、连来世的也都超过了、
 22 又将万有服在他的脚下、使他为教会作万有之首、
 23 教会是他的身体、是那充满万有者所充满的。

第二章

个人的新生命

- 1 你们死在过犯罪恶之中、他叫你们活过来、
 2 那时、你们在其中行事为人随从今世的风俗、顺服空中掌权者的首领、就是现今在悖逆之子心中运行的邪灵、
 3 我们从前也都在他们中间、放纵肉体的私欲、随著肉体 and 心中所喜好的去行、本为可怒之子、和别人一样、
 4 然而 神既有丰富的怜悯、因他爱我们的大爱、
 5 当我们死在过犯中的时候、便叫我们与基督一同活过来、（你们得救是本乎恩）
 6 他又叫我们与基督耶稣一同复活、一同坐在天上、
 7 要将他极丰富的恩典、就是他在基督耶稣里向我们所施的恩慈、显明给后来的世代看、
 8 你们得救是本乎恩、也因著信、这并不是出于自己、乃是 神所赐的、
 9 也不是出于行为、免得有人自夸。
 10 我们原是他的工作、在基督耶稣里造成的、为要叫我们行善、就是 神所豫备叫我们行的。

Prayer for Wisdom and Revelation

1:15 For this reason, because I have heard of your faith in the Lord Jesus and your love for all the saints, 1:16 I do not cease to give thanks for you when I remember you in my prayers. 1:17 I pray that the God of our Lord Jesus Christ, the Father of glory, may give you spiritual wisdom and revelation in your growing knowledge of him, 1:18 —since the eyes of your heart have been enlightened—so that you may know what is the hope of his calling, what is the wealth of his glorious inheritance in the saints, 1:19 and what is the incomparable greatness of his power toward us who believe, as displayed in the exercise of his immense strength. 1:20 This power he exercised in Christ when he raised him from the dead and seated him at his right hand in the heavenly realms 1:21 far above every rule and authority and power and dominion and every name that is named, not only in this age but also in the one to come. 1:22 And God *put all things under Christ's feet*, and he gave him to the church as head over all things. 1:23 Now the church is his body, the fullness of him who fills all in all.

New Life Individually

2:1 And although you were dead in your transgressions and sins, 2:2 in which you formerly lived according to this world's present path, according to the ruler of the kingdom of the air, the ruler of the spirit that is now energizing the sons of disobedience, 2:3 among whom all of us also formerly lived out our lives in the cravings of our flesh, indulging the desires of the flesh and the mind, and were by nature children of wrath even as the rest...

2:4 But God, being rich in mercy, because of his great love with which he loved us, 2:5 even though we were dead in transgressions, made us alive together with Christ—by grace you are saved!— 2:6 and he raised us up with him and seated us with him in the heavenly realms in Christ Jesus, 2:7 to demonstrate in the coming ages the surpassing wealth of his grace in kindness toward us in Christ Jesus. 2:8 For by grace you are saved through faith, and this is not from yourselves, it is the gift of God; 2:9 it is not from works, so that no one can boast. 2:10 For we are his workmanship, having been created in Christ Jesus for good works that God prepared beforehand so we may do them.

群体的新生命

- 11 所以你们应当记念、你们从前按肉体是外邦人、是称为没受割礼的这名原是那些凭人手在肉身上称为受割礼之人所起的、
- 12 那时、你们与基督无关、在以色列国民以外、在所应许的诸约上是局外人、并且活在世上没有指望、没有神。
- 13 你们从前远离神的人、如今却在基督耶稣里、靠著他的血、已经得亲近了。
- 14 因他使我们和睦、〔原文作因他是我们的和睦〕将两下合而为一、拆毁了中间隔断的墙、
- 15 而且以自己的身体、废掉冤仇、就是那记在律法上的规条、为要将两下、藉著自己造成一个新人、如此便成就了和睦、
- 16 既在十字架上灭了冤仇、便藉这十字架、使两下归为一体、与神和好了、
- 17 并且来传和平的福音给你们远处的人、也给那近处的人。
- 18 因为我们两下藉著他被一个圣灵所感、得以进到父面前。
- 19 这样、你们不再作外人、和客旅、是与圣徒同国、是神家里的人了、
- 20 并且被建造在使徒和先知的根基上、有基督耶稣自己为房角石、
- 21 各〔或作全〕房靠他联络得合式、渐渐成为主的圣殿、
- 22 你们也靠他同被建造成为神藉著圣灵居住的所在。

第三章

保罗尸灵奥秘的关系

- 1 因此、我保罗为你们外邦人作了基督耶稣被囚的、替你们祈祷、〔此句乃照对十四章所加〕
- 2 谅必你们曾听见神赐恩给我、将关切你们的职分托付我、
- 3 用启示使我知道福音的奥秘、正如我以前略略写过的、
- 4 你们念了、就能晓得我深知基督的奥秘、
- 5 这奥秘在以前的世代、没有叫人知道、像如今藉著圣灵启示他的圣使徒和先知一样、
- 6 这奥秘就是外邦人在基督耶稣里、藉著福音、得以同为后嗣、同为一体、同蒙应许。
- 7 我作了这福音的执事、是照神的恩赐、这恩赐是照他运行的大能赐给我的、

New Life Corporately

2:11 Therefore remember that formerly you, the Gentiles in the flesh—who are called “uncircumcision” by the so-called “circumcision” that is performed on the body by human hands—2:12 that you were at that time without the Messiah, alienated from the citizenship of Israel and strangers to the covenants of promise, having no hope and without God in the world. 2:13 But now in Christ Jesus you who used to be far away have been brought near by the blood of Christ. 2:14 For he is our peace, the one who made both groups into one and who destroyed the middle wall of partition, the hostility, 2:15 when he nullified in his flesh the law of commandments in decrees. He did this to create in himself one new man out of two, thus making peace, 2:16 and to reconcile them both in one body to God through the cross, by which the hostility has been killed. 2:17 And he came and preached peace to you who were far off and peace to those who were near, 2:18 so that through him we both have access in one Spirit to the Father. 2:19 So then you are no longer foreigners and noncitizens, but you are fellow citizens with the saints and members of God’s household, 2:20 because you have been built on the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. 2:21 In him the whole building, being joined together, grows into a holy temple in the Lord, 2:22 in whom you also are being built together into a dwelling place of God in the Spirit.

Paul's Relationship to the Divine Mystery

3:1 For this reason I, Paul, the prisoner of Christ Jesus for the sake of you Gentiles— 3:2 if indeed you have heard of the stewardship of God’s grace that was given to me for you, 3:3 that by revelation the divine secret was made known to me, as I wrote before briefly. 3:4 When reading this, you will be able to understand my insight into this secret of Christ. 3:5 Now this secret was not disclosed to people in former generations as it has now been revealed to his holy apostles and prophets by the Spirit, 3:6 namely, that through the gospel the Gentiles are fellow heirs, fellow members of the body, and fellow partakers of the promise in Christ Jesus. 3:7 I became a servant of this gospel according to the gift of God’s grace that was given to me by the exercise of his power. 3:8 To me—less than the least of all the saints—this grace was given, to proclaim to

- 8 我本来比众圣徒中最小的还小，然而他还赐我这恩典，叫我把基督那测不透的丰富、传给外邦人。
- 9 又使众人都明白、这历代以来隐藏在创造万物之神里的奥秘、是如何安排的。
- 10 为要藉著教会、使天上执政的、掌权的、现在得知 神百般的智慧。
- 11 这是照 神从万世以前、在我们主基督耶稣里所定的旨意。
- 12 我们因信耶稣、就在他里面放胆无惧、笃信不疑的来到 神面前。
- 13 所以我求你们、不要因我为你们所受的患难丧胆，这原是你们的荣耀。

求赐刚强的爱心

- 14 因此。我在父面前屈膝、
- 15 (天上地上的各〔或作全〕家、都是从祂得名)
- 16 求祂按著祂丰盛的荣耀、藉著祂的灵、叫你们心里力量刚强起来、
- 17 使基督因你们的信、住在你们心里、叫你们的爱心、有根有基、
- 18 能和众圣徒一同明白基督的爱、是何等长阔高深、
- 19 并知道这爱是过于人所能测度的、便叫神一切所充满的、充满了你们。
- 20 神照著运行在我们心里的大力、充充足足的成就一切超过我们所求所想的。
- 21 但愿祂在教会中、并在基督耶稣里、得著荣耀、直到世世代代、永永远远。阿们。

第四章

合一的生活

- 1 我为主被囚的劝你们、既然蒙召、行事为人就当与蒙召的恩相称。
- 2 凡事谦虚、温柔、忍耐、用爱心互相宽容、
- 3 用和平彼此联络、竭力保守圣灵所赐合而为一的心。
- 4 身体只有一个、圣灵只有一个、正如你们蒙召、同有一个指望、
- 5 一主、一信、一洗、
- 6 一神、就是众人的父、超乎众人之上、贯乎众人之中、也住在众人之内。
- 7 我们各人蒙恩、都是照基督所量给各人的恩赐。
- 8 所以经上说、『他升上高天的时候、掳掠了仇敌、将各样的恩赐赏给人。』
- 9 (既说升上、岂不是先降在地下么。

the Gentiles the unfathomable riches of Christ 3:9 and to enlighten everyone about God's secret plan—a secret that has been hidden for ages in God who has created all things. 3:10 The purpose of this enlightenment is that through the church the multifaceted wisdom of God should now be disclosed to the rulers and the authorities in the heavenly realms. 3:11 This was according to the eternal purpose that he accomplished in Christ Jesus our Lord, 3:12 in whom we have boldness and confident access to God because of Christ's faithfulness. 3:13 For this reason I ask you not to lose heart because of what I am suffering for you, which is your glory.

Prayer for Strengthened Love

3:14 For this reason I kneel before the Father, 3:15 from whom every family in heaven and on the earth is named. 3:16 I pray that according to the wealth of his glory he may grant you to be strengthened with power through his Spirit in the inner person, 3:17 that Christ may dwell in your hearts through faith, so that, because you have been rooted and grounded in love, 3:18 you may be able to comprehend with all the saints what is the breadth and length and height and depth, 3:19 and thus to know the love of Christ that surpasses knowledge, so that you may be filled up to all the fullness of God.

3:20 Now to him who by the power that is working within us is able to do far beyond all that we ask or think, 3:21 to him be the glory in the church and in Christ Jesus to all generations, forever and ever. Amen.

Live in Unity

4:1 I, therefore, the prisoner for the Lord, urge you to live worthily of the calling with which you have been called, 4:2 with all humility and gentleness, with patience, bearing with one another in love, 4:3 making every effort to keep the unity of the Spirit in the bond of peace. 4:4 There is one body and one Spirit, just as you too were called to the one hope of your calling, 4:5 one Lord, one faith, one baptism, 4:6 one God and Father of all, who is over all and through all and in all.

4:7 But to each one of us grace was given according to the measure of the gift of Christ. 4:8 Therefore it says, "When he ascended on high he captured captives; he gave gifts to men." 4:9 Now what is the meaning of "he ascended," except that he also descended to the lower regions, namely, the

- 10 那降下的、就是远升诸天之上要充满万有的。))
 11 他所赐的有使徒、有先知、有传福音的、有牧师和教师、
 12 为要成全圣徒、各尽其职、建立基督的身体、
 13 直等到我们众人在真道上同归于一、认识神的儿子、得以长大成人、满有基督长成的身量、
 14 使我们不再作小孩子、中了人的诡计、和欺骗的魔术、被一切异教之风摇动、飘来飘去、就随从各样的异端、
 15 惟用爱心说诚实话、凡事长进、连于元首基督、
 16 全身都靠他联络得合式、百节各按各职、照著各体的功用、彼此相助、便叫身体渐渐增长、在爱中建立自己。

圣洁的生活

- 17 所以我说、且在主里确实的说、你们行事、不要再像外邦人存虚妄的心行事、
 18 他们心地昏昧、与神所赐的生命隔绝了、都因自己无知、心里刚硬、
 19 良心既然丧尽、就放纵私欲、贪行种种的污秽、
 20 你们学了基督、却不是这样、
 21 如果你们听过他的道、领了他的教、学了他的真理、
 22 就要脱去你们从前行为上的旧人、这旧人是因私欲的迷惑、渐渐变坏的、
 23 又要将你们的心志改换一新、
 24 并且穿上新人、这新人是照著神的形像造的、有真理的仁义、和圣洁。
 25 所以你们要弃绝谎言、各人与邻舍说实话、因为我们是互相为肢体、
 26 生气却不要犯罪、不可含怒到日落、
 27 也不可给魔鬼留地步、
 28 从前偷窃的、不要再偷、总要劳力、亲手作正经事、就可有馀、分给那缺少的人、
 29 污秽的言语、一句不可出口、只要随事说造就人的好话、叫听见的人得益处、
 30 不要叫神的圣灵担忧、你们原是受了他的印记、等候得赎的日子来到、
 31 一切苦毒、恼恨、忿怒、嚷闹、毁谤、并一切恶毒、〔或作阴毒〕都当从你们中间除掉、
 32 并要以恩慈相待、存怜悯的心、彼此饶恕、正如神在基督里饶恕了你们一样。

earth? 4:10 He, the very one who descended, is also the one who ascended above all the heavens, in order to fill all things. 4:11 It was he who gave some as apostles, some as prophets, some as evangelists, and some as pastors and teachers, 4:12 to equip the saints for the work of ministry, that is, to build up the body of Christ, 4:13 until we all attain to the unity of the faith and of the knowledge of the Son of God—a mature person, attaining to the measure of Christ’s full stature. 4:14 So we are no longer to be children, tossed back and forth by waves and carried about by every wind of teaching by the trickery of people who craftily carry out their deceitful schemes. 4:15 But practicing the truth in love, we will in all things grow up into Christ, who is the head. 4:16 From him the whole body grows, fitted and held together through every supporting ligament. As each one does its part, the body grows in love.

Live in Holiness

4:17 So I say this, and insist in the Lord, that you no longer live as the Gentiles do, in the futility of their thinking. 4:18 They are darkened in their understanding, being alienated from the life of God because of the ignorance that is in them due to the hardness of their hearts. 4:19 Because they are callous, they have given themselves over to indecency for the practice of every kind of impurity with greediness. 4:20 But you did not learn about Christ like this, 4:21 if indeed you heard about him and were taught in him, just as the truth is in Jesus. 4:22 You were taught with reference to your former way of life to lay aside the old man who is being corrupted in accordance with deceitful desires, 4:23 to be renewed in the spirit of your mind, 4:24 and to put on the new man who has been created in God’s image—in righteousness and holiness that comes from truth.

4:25 Therefore, having laid aside falsehood, *each one of you speak the truth with his neighbor*, for we are members of one another. 4:26 *Be angry and do not sin*; do not let the sun go down on the cause of your anger. 4:27 Do not give the devil an opportunity. 4:28 The one who steals must steal no longer; rather he must labor, doing good with his own hands, so that he may have something to share with the one who has need. 4:29 You must let no unwholesome word come out of your mouth, but only what is beneficial for the building up of the one in need, that it may give grace to those who hear. 4:30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. 4:31 You must put away every kind of bitterness, anger, wrath, quarreling, and evil, slanderous talk. 4:32 Instead, be kind to one another, compassionate, forgiving one another, just as God in Christ also forgave you.

第五章

爱的生活

- 1 所以你们该效法 神、好像蒙慈爱的儿女一样。
- 2 也要凭爱心行事、正如基督爱我们、为我们舍了自己、当作馨香的供物、和祭物、献与 神。
- 3 至于淫乱、并一切污秽、或是贪婪、在你们中间连题都不可、方合圣徒的体统。
- 4 淫词、妄语、和戏笑的话、都不相宜、总要说感谢的话。
- 5 因为你们确实的知道、无论是淫乱的、是污秽的、有贪心的、在基督和 神的国里、都是无分的、有贪心的、就与拜偶像的一样。

活在光明中

- 6 不要被人虚浮的话欺哄、因这些事、神的忿怒必临到那悖逆之子。
- 7 所以你们不要与他们同夥。
- 8 从前你们是暗昧的、但如今在主里面是光明的、行事为人就当像光明的子女。
- 9 光明所结的果子、就是一切良善、公义、诚实。
- 10 总要察验何为主所喜悦的事。
- 11 那暗昧无益的事、不要与人同行、倒要责备行这事的人。
- 12 因为他们暗中所行的、就是题起来、也是可耻的。
- 13 凡事受了责备、就被光显明出来、因为一切能显明的、就是光。
- 14 所以主说、你这睡著的人、当醒过来、从死里复活、基督就要光照你了。

像智慧人

- 15 你们要谨慎行事、不要像愚昧人、当像智慧人。
- 16 要爱惜光阴、因为现今的世代邪恶。
- 17 不要作糊涂人、要明白主的旨意如何。
- 18 不要醉酒、酒能使人放荡、乃要被圣灵充满。
- 19 当用诗章、颂词、灵歌、彼此对说、口唱心和的赞美主。
- 20 凡事要奉我们主耶稣基督的名、常常感谢父 神。
- 21 又当存敬畏基督的心、彼此顺服。

Live in Love

5:1 Therefore, be imitators of God as dearly loved children 5:2 and live in love, just as Christ also loved us and gave himself for us, a sacrificial and fragrant offering to God. 5:3 But among you there must not be either sexual immorality, impurity of any kind, or greed, as these are not fitting for the saints. 5:4 Neither should there be vulgar speech, foolish talk, or coarse jesting—all of which are out of character—but rather thanksgiving. 5:5 For you can be confident of this one thing: that no person who is immoral, impure, or greedy (such a person is an idolater) has any inheritance in the kingdom of Christ and God.

Live in the Light

5:6 Let nobody deceive you with empty words, for because of these things God's wrath comes on the sons of disobedience. 5:7 Therefore do not be partakers with them, 5:8 for you were at one time darkness, but now you are light in the Lord. Walk as children of the light— 5:9 for the fruit of the light consists in all goodness, righteousness, and truth— 5:10 trying to learn what is pleasing to the Lord. 5:11 Do not participate in the unfruitful deeds of darkness, but rather expose them. 5:12 For the things they do in secret are shameful even to mention. 5:13 But all things being exposed by the light are made evident. 5:14 For everything made evident is light, and for this reason it says:

“Awake, O sleeper!
Rise from the dead,
and Christ will shine on you!”

Live Wisely

5:15 Therefore be very careful how you live—not as unwise but as wise, 5:16 taking advantage of every opportunity, because the days are evil. 5:17 For this reason do not be foolish, but be wise by understanding what the Lord's will is. 5:18 And do not get drunk with wine, which is debauchery, but be filled by the Spirit, 5:19 speaking to one another in psalms, hymns, and spiritual songs, singing and making music in your hearts to the Lord, 5:20 always giving thanks to God the Father for each other in the name of our Lord Jesus Christ, 5:21 and submitting to one another out of reverence for Christ.

对家庭的劝勉

- 22 你们作妻子的、当顺服自己的丈夫、如同顺服主·
- 23 因为丈夫是妻子的头、如同基督是教会的头·他又是教会全体的救主·
- 24 教会怎样顺服基督、妻子也要怎样凡事顺服丈夫·
- 25 你们作丈夫的、要爱你们的妻子、正如基督爱教会、为教会舍己·
- 26 要用水藉著道、把教会洗净、成为圣洁、
- 27 可以献给自己、作个荣耀的教会、毫无玷污皱纹等类的病、乃是圣洁没有瑕疵的·
- 28 丈夫也当照样爱妻子、如同爱自己的身子·爱妻子、便是爱自己了·
- 29 从来没有人恨恶自己的身子、总要保养顾惜、正像基督待教会一样·
- 30 因我们是他身上的肢体。〔有古卷在此有就是他的骨他的肉〕
- 31 为这个缘故、人要离开父母、与妻子连合、二人成为一体·
- 32 这是极大的奥秘、但我是指著基督和教会说的·
- 33 然而你们各人都当爱妻子、如同爱自己一样·妻子也当敬重他的丈夫·

第六章

- 1 你们作儿女的、要在主里听从父母、这是理所当然的·
- 2 要孝敬父母、使你得福、在世长寿·这是第一条带应许的诫命·
- 3
- 4 你们作父亲的、不要惹儿女的气、只要照著主的教训和警戒、养育他们·
- 5 你们作仆人的、要惧怕战兢、用诚实的心听从你们肉身的主人、好像听从基督一般·
- 6 不要只在眼前事奉、像是讨人喜欢的、要像基督的仆人、从心里遵行神的旨意·
- 7 甘心事奉、好像服事主、不像服事人·
- 8 因为晓得各人所行的善事、不论是为奴的、是自主的、都必按所行的得主的赏赐·
- 9 你们作主人的待仆人、也是一理、不要威吓他们·因为知道他们和你们、同有一位主在天上、他并不偏待人·

Exhortations to Households

5:22 Wives, submit to your husbands as to the Lord, 5:23 because the husband is the head of the wife as also Christ is the head of the church—he himself being the savior of the body. 5:24 But as the church submits to Christ, so also wives should submit to their husbands in everything. 5:25 Husbands, love your wives just as Christ loved the church and gave himself for her 5:26 to sanctify her by cleansing her with the washing of the water by the word, 5:27 so that he may present the church to himself as glorious—not having a stain or wrinkle, or any such blemish, but holy and blameless. 5:28 In the same way husbands ought to love their wives as their own bodies. He who loves his wife loves himself. 5:29 For no one has ever hated his own body but he feeds it and takes care of it, just as Christ also does the church, 5:30 for we are members of his body. 5:31 ***For this reason a man will leave his father and mother and will be joined to his wife, and the two will become one flesh.*** 5:32 This mystery is great—but I am actually speaking with reference to Christ and the church. 5:33 Nevertheless, each one of you must also love his own wife as he loves himself, and the wife must respect her husband.

6:1 Children, obey your parents in the Lord for this is right. 6:2 ***“Honor your father and mother,”*** which is the first commandment accompanied by a promise, namely, 6:3 ***“that it may go well with you and that you will live a long time on the earth.”***

6:4 Fathers, do not provoke your children to anger, but raise them up in the discipline and instruction of the Lord.

6:5 Slaves, obey your human masters with fear and trembling, in the sincerity of your heart as to Christ, 6:6 not like those who do their work only when someone is watching—as people-pleasers—but as slaves of Christ doing the will of God from the heart. 6:7 Obey with enthusiasm, as though serving the Lord and not people, 6:8 because you know that each person, whether slave or free, if he does something good, this will be rewarded by the Lord.

6:9 Masters, treat your slaves the same way, giving up the use of threats, because you know that both you and they have the same master in heaven, and there is no favoritism with him.

尸灵争战的装备

- 10 我还有末了的话、你们要靠著主、倚赖他的大能大力、作刚强的人。
- 11 要穿戴 神所赐的全副军装、就能抵挡魔鬼的诡计。
- 12 因我们并不是与属血气的争战、乃是与那些执政的、掌权的、管辖这幽暗世界的、以及天空属灵气的恶魔争战。〔两争战原文都作摔跤〕
- 13 所以要拿起 神所赐的全副军装、好在磨难的日子、抵挡仇敌、并且成就了一切、还能站立得住。
- 14 所以要站稳了、用真理当作带子束腰、用公义当作护心镜遮胸、
- 15 又用平安的福音、当作预备走路的鞋穿在脚上、
- 16 此外又拿著信德当作藤牌、可以灭尽那恶者一切的火箭、
- 17 并戴上救恩的头盔、拿著圣灵的宝剑、就是 神的道、
- 18 靠著圣灵、随时多方祷告祈求、并要在此儆醒不倦、为众圣徒祈求、
- 19 也为我祈求、使我得著口才、能以放胆、开口讲明福音的奥秘、
- 20 (我为这福音的奥秘、作了带锁链的使者) 并使我照著当尽的本分、放胆讲论。

祝福

- 21 今有所亲爱忠心事奉主的兄弟推基古、他要把我的事情并我的景况如何、全告诉你们叫你们知道。
- 22 我特意打发他到你们那里去、好叫你们知道我们的光景、又叫他安慰你们的心。
- 23 愿平安、仁爱、信心、从父 神和主耶稣基督、归与弟兄们。
- 24 并愿所有诚心爱我们主耶稣基督的人、都蒙恩惠。

Exhortations for Spiritual Warfare

6:10 Finally, be strengthened in the Lord and in the strength of his power. **6:11** Clothe yourselves with the full armor of God so that you may be able to stand against the schemes of the devil. **6:12** For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world rulers of this darkness, against the spiritual forces of evil in the heavens. **6:13** For this reason, take up the full armor of God so that you may be able to stand your ground on the evil day, and having done everything, to stand. **6:14** Stand firm therefore, by fastening the belt of truth around your waist, by putting on the breastplate of righteousness, **6:15** by fitting your feet with the preparation that comes from the good news of peace, **6:16** and in all of this, by taking up the shield of faith with which you can extinguish all the flaming arrows of the evil one. **6:17** And take *the helmet of salvation* and the sword of the Spirit, which is the word of God. **6:18** With every prayer and petition, pray at all times in the Spirit, and to this end be alert, with all perseverance and requests for all the saints. **6:19** Pray for me also, that I may be given the message when I begin to speak—that I may confidently make known the mystery of the gospel, **6:20** for which I am an ambassador in chains. Pray that I may be able to speak boldly as I ought to speak.

Farewell Comments

6:21 Tychicus, my dear brother and faithful servant in the Lord, will make everything known to you, so that you too may know about my circumstances, how I am doing. **6:22** I have sent him to you for this very purpose, that you may know our circumstances and that he may encourage your hearts.

6:23 Peace to the brothers and sisters, and love with faith, from God the Father and the Lord Jesus Christ. **6:24** Grace be with all of those who love our Lord Jesus Christ with an undying love.