

Ephesians

Chapter 1 (1 - 7)

From Paul, appointed to be an apostle of Christ Jesus. Grace and peace to you from God our Father and the Lord Jesus Christ.

Blessed be God the Father of our Lord Jesus Christ. Before the world was made, he chose us in Christ, to live through love in his presence. He chose us, in Christ, to be his adopted children, to make us praise the glory of his grace. This grace is his free gift to us in his Beloved Son, through whose blood we gain our freedom and the forgiveness of our sins.

Father, thank you for upgrading me from human child to Divine Child!

Chapter 1 (9 - 13)

God the Father has let us know his sacred plan: the whole show, everything in heaven and everything in earth, is one big orchestra with Christ as the conductor. We Jews



are special instruments in the orchestra. We were chosen to put our hope in Christ before he came.

And you non-Jews are also on the stage, now that you have believed the truth of the Good News. All of us have been stamped with the Holy Spirit. He's the composer whose music we are playing. **Father, Son and Holy Spirit, thank you for the gift of life and the gift of faith. Help me play well!**

Chapter 1 (16 - 18)

I never fail to remember you in my prayers and to thank God for you. May the God of our Lord Jesus Christ, the Father of glory, give you more and more wisdom and knowledge, to see ever more clearly his great love for you. May he enlighten your mind to hope for the glorious life he has prepared for us in heaven.

Father, Son and Holy Spirit, may I see you more clearly, love you more dearly, follow you more nearly, day by day

Chapter 1 (19 - 23)

God the Father raised Christ from death, and put him on the divine throne. Christ is the C.E.O. of the universe, in charge of everything, from galaxies to governments. No one and nothing is exempt from his rule.



At the center of everything is the church.
It is Christ's body, in which he speaks and acts

**Jesus, help me understand how the church is
the heart of the world, pumping your life and
love to all parts of the world**

Chapter 2 (4 - 10)

God loved us so much, that when we were dead
through our sins, he brought us to life with Christ

We are God's work of art, created in Christ Jesus
to live a life of goodness, as God originally
intended us to live.

**Heavenly Father, help me live my life the way
you want me to live it**

Chapter 2 (11 - 14)

You non-Jews were once without hope and
without God. But now by the blood of Christ,
you who had nothing in common with us Jews,
have been united with us into one family. Christ
is the peace between us. He has broken down the
barrier which used to keep us apart

**Jesus, break down barriers of
misunderstanding which divide the peoples of
the world**

Chapter 2 (19 - 22)



In God's Church you are not foreigners. You are citizens. You are part of a building that has the apostles and prophets for its base. Christ Jesus himself is the foundation stone. You are being built

into a house where God lives.

Jesus, be the foundation stone of my life

Chapter 3 (14 - 21)

This is what I pray, kneeling before the Father from whom every family, whether spiritual or natural, takes its name:

May he give you power through his Spirit for your hidden self to grow strong.

May Christ live in your hearts through faith.

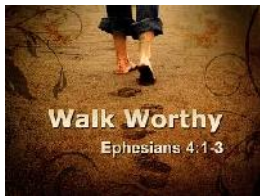
Planted in love and built on love,

may you continually focus on the love of Christ, until your life is filled with that love

Glory be to him whose power working in us, can do infinitely more than we can ask or imagine. Glory be to him from generation to generation in the Church and in Christ Jesus for ever and ever. Amen.

Chapter 4 (1 - 16)

I implore you to lead a life worthy of your vocation. Bear with one another charitably,



in complete selflessness, gentleness and patience.

If we live by the truth and in love, we shall become more and more like Christ.

We are parts of the Body of

Christ. Christ is the head. Each part must do its bit to keep the Body healthy and growing in love.

Jesus, help me understand how the Church is your Body

Chapter 4 (17 - 19)

Do not go back to living the aimless kind of life that many non-believers live. Intellectually they are in the dark, because they have shut the door on God's grace. They have a poor sense of right and wrong, and have abandoned themselves to reckless living. **Jesus, help people who are confused about the meaning of life**

Chapter 4 (22 - 32)

You must give up your old way of life. You must put aside your old self and its delusions. Your mind must be renewed by a spiritual revolution, so that you can follow a way of life based on goodness and truth. 259 Ephesians

From now on, no more lies. Delete anger from your mind at the end of each day. Anyone who was a thief must stop stealing. Try to find a decent job. Guard against foul talk. Let your conversation encourage people, not drag them down. Avoid grudges. Don't lose your temper. Don't raise your voice to anyone. Don't call people names. Be friends with one another, and kind, forgiving one another as readily as God forgives us in Christ.

Jesus, help me put these words into practice



Chapter 5 (1 -4)

Follow Christ by loving as he loved us. Among you there must be not even a mention of promiscuity or impurity in any of

its forms. There must be no coarseness, or salacious talk and jokes - all this is wrong for you.

Jesus, help me control my mind and my tongue

Chapter 5 (10 -20)

Try to discover what the Lord wants of you. Have nothing to do with the futile works of darkness. Wake up from your sleep, rise from the dead, and Christ will shine on you

260 Ephesians

Be very careful about the sort of life you live. Follow your enlightened mind, not your unruly passions. Avoid drunkenness. Instead, be filled with the Spirit. Sing prayer songs when you are together, and when you're by yourself, keep on singing to the Lord in your heart, always giving thanks to God. **Jesus, make my heart sing right through the day**

Chapter 5 (21 - 33)

In your families, treat each other as Christ wants you to: Wives, in your husbands see Christ the head of the Church. Husbands, love your wives as Christ loves the Church. When men and women



get married, they become one body. This sacred action helps us understand the relationship between Christ and the Church.

Jesus, please help husbands and wives to love each other the way you love the Church

Chapter 6 (1 - 9)

Children, be obedient to your parents. Parents, never drive your children to resentment. Slaves, respect your employers. Employers, treat your workers fairly

Jesus, please help me treat everyone with respect

Chapter 6 (10 -17)

To resist the Devil's tactics, put on God's armor:



- the belt of truth
- the breastplate of integrity
- the shoes of eagerness to spread the Good News of peace
- the shield of faith
- the helmet of salvation
- the sword of God's word

Jesus, help me put

on these six pieces of armor

Chapter 6 (18 - 24) Pray all the time, asking for what you need. Pray in the Spirit on every possible occasion. Never tire of praying.

Pray for me that I may proclaim the Good News boldly. Grace and eternal life to everyone who loves our Lord Jesus Christ

Jesus, help me to put Paul's teaching into practice in my life