

Letter to the Ecclesia in Ephesus:

Inspired by God; from
the Apostle Paul

For that believer who
is blessed in reading.

FORWARD:

The purpose for this in-depth commentary of the Book of Ephesians in the Bible is for the believer in Jesus Christ to feel moved back to the spiritual heights of God...

.... To go back to his or her First Love:

Jesus Christ and **His Love, His Care towards us!**

(may the Spirit of God SO move us!!)

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INTRODUCTION:

The Book of Ephesians stands out as the *only* book of the biblical canon whose congregants are spoken to specifically by our Risen Lord Jesus Christ in the Book of Revelation.

In Revelation chapter 2, verses 4 and part of 5, Jesus Christ says:

“But I have [this] against you, that you have left your **First Love**. Therefore remember where you have fallen, repent and do the deeds you did at first;”

The believers in Ephesus at that time have fallen from their spiritual heights. Jesus called them to repent- *change their minds and turn back upwards toward Him and His love towards them!*

John, one of Jesus' apostles while Jesus was on earth, was inspired to write this in 1st John chapter 4, verse 9:

“In this is love, not that we loved God, but that **He loved us** and sent His Son [to be] the propitiation for our sins.”

Also, in verse 19:

“We love, because **He first loved us**.”

Finally, backing up to verse 8, “...for **God is love**.”

For far too long we have been pushed to have our focus upon our love for Jesus and our devotion to Him.

Far more important is our focus upon Jesus and His love for us!

COMMENTARY LAYOUT:

This commentary goes through the entire Book of Ephesians on generally a verse-by-verse basis. Certain words of each verse appear in **bold text**. These have the definitions and Greek references from the Strong's concordance, and appear in **red**. Below this in **blue** is the commentary. The layout appearance:

Chapter #

Verse #

Verse text. Selected words in **bold**.

- **Word- definition (Original Greek & Strong's #)**

Commentary-

The English translation used is the NASB (New American Standard Bible) with cross-references of the Strong's concordance. Both are sourced from web site biblehub.com.

EXAMPLE LAYOUT:

Ephesians Chapter 1, Verse 2

“**Grace** to you and **peace** from God our **Father** and the **Lord** Jesus Christ.”

- Grace – favor, lovingkindness (5485 charis)
- Peace – tranquility, rest, quietness, wholeness (1515 eirene)
- Father – life-giver, life-impartor (3962 pater)
- Lord – master, owner (2962 kurios)

Commentary- Almighty God is our “Life-Giver” and Jesus Christ owns us and keeps us in His agape-love. In the earnestness of heart the Father and Son shines His favor and tranquility upon us.

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Chapter 1

Verse 1

“Paul, an apostle of Christ Jesus by the will of God,”

- Paul – to cease, restrain, stop (3972 Paulos, from 3973 pauo)
- Apostle – messenger, envoy, delegate, ambassador (652 apostolos)
- Christ – Anointed One, Messiah (5547 Christos)
- Jesus – “Yahweh Saves”, “Yahweh is Salvation”, “the LORD Saves”, “the LORD is Salvation” (2424 Iesous)
- Will – wish, desire, choice, preference (2307 thelema)
- God – Creator & Owner of all things (2316 theos)

Commentary- Almighty God preferred Paul (“one who causes to cease”) to be the ambassador of Jesus Christ to the Gentiles (non-Jews).

“To the saints who are at Ephesus and [who are] faithful in Christ Jesus:”

- Saint – sacred, holy, special, set apart (40 hagios)
- Ephesus – capital city of Roman province of Asia Minor, coastal city (2181 Ephesos)
- Faithful – reliable, trustworthy (4103 pistos)

Commentary- the saints are set apart and made faithful in Christ Jesus and through Him.

Verse 2

“**Grace** to you and **peace** from God our **Father** and the **Lord** Jesus Christ.”

- Grace – favor, lovingkindness (5485 charis)
- Peace – tranquility, rest, quietness, wholeness (1515 eirene)
- Father – life-giver, life-impartor (3962 pater)
- Lord – master, owner (2962 kurios)

Commentary- Almighty God is our “Life-Giver” and Jesus Christ owns us and keeps us in His agape-love. In the earnestness of heart the Father and Son shines His favor and tranquility upon us.

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Verse 3

“**Blessed** [be] the God and Father of our Lord Jesus Christ,”

- **Blessed** – well-spoken of; good acknowledgement; honored (2128 eulogetos)

Commentary- God (and Christ Jesus) is rightly worthy and trustworthy to be well spoken of from the heart & soul; the awesome sacrifice of Christ Jesus upon the cross for us is proof of this. God the Father- if He had come down in human flesh- would have done the same for us (as would have the Holy Spirit)!

“Who has **blessed** us with **every spiritual** blessing in the **Heavenly** [places] in Christ,”

- **Blessed** – well-spoken of, honored; caused to be joyful; given benefit (2127 eulogeo)
- **Every** – each kind; each manner (3956 pas)
- **Spiritual** – of realm of spirit, wind (4152 pneumatikos)
- **Heavenly** – of the dwelling of God and His angels (2032 epouranios)

Commentary- God, our Father, our “Dad”, speaks benefit into our lives from His throne, emanating from His Divine, Holy Spirit. We have every kind of benefit from Him in Christ Jesus. Summed up in one word is Who God truly is: “Agape-Love”.

Verse 4

“Just as He [Father God] **chose** us in Him [Jesus Christ] **before** the **foundation** of the **world**,”

- Chose – selected, picked out (1586 eklego)
- Before – earlier than, prior to (4253 pro)
- Foundation – laying down, conceive (2602 katabole)
- World – ordered universe (2889 kosmos)

Commentary- in the same manner that God our Father speaks benefit into our lives, in His great love towards us He selected us in Christ Jesus (Who died with us, and we with Him!) prior to the conception of the universe. Whether or not God's choice was made prior to the temporary heaven and earth that exist now, His choice is definitely earlier than the permanent and eternal New Heaven and New Earth to come!

“That we would be **holy** and **blameless before** Him in love.”

- Holy – sacred, special, set apart, pure (40 hagios)
- Blameless – without blemish, without fault, above reproach (299b amomos)
- Before – over against, in front of (2714 katenopion)

Commentary- God desires and His Spirit works in us to be pure, special, and faultless in His Presence. In His agape-love towards us He so honors us!

Verse 5

“In **love** He [God our Father] **predestined** us to **adoption** as sons through Jesus Christ to Himself,”

- Love – divine love, sacrificial love (26 agape)
- Predestined – predetermined, foreordained, pre-horizoned (4309 proorizo)
- Adoption – placed into the family (5206 huiiothesia)

Commentary- God determined beforehand that we were to be placed into His family. Adoption points to an active role in God's Kingdom. More than that, it is to abide in God's Presence, in His embrace.

“**According** to the **kind intention** of His [God our Father's] will,”

- According – down from (2596 kata)
- Kind intention – good pleasure, favor (2107 eudokia)

Commentary- Placement into God's family is directed from the Father down towards us in His strong favor towards us, His good (not evil) pleasure.

Verse 6

“To the **praise** of the **glory** of His [God our Father's] **grace**,”

- Praise – commendation, approval (1868 epainos)
- Glory – good opinion, honor, splendor (1391 doxa)
- Grace – favor, lovingkindness (5485 charis)

Commentary- God's grace towards us is to be rightly seen in bright splendor; God's grace is to be highly commended. And why?...

“Which He freely **bestowed** on us in the **Beloved**.”

- Bestowed – endowed with grace (5487 charitoo)
- Beloved – to love highly (25 agapao)

Commentary- Because, God's Beloved- Jesus Christ- full of Grace and Truth, so agape-loves us first (as well as God so loves us through Him!).

Verse 7

“In Him [Jesus Christ] we have the **redemption** through His **blood**,”

- **Redemption** – ransom, payment (629 apolutrosis)
- **Blood** – shed blood (129 haima)

Commentary- life is in the blood, and life eternal (in the natural, in the spiritual, in the soul) is in the blood of Jesus Christ shed for us at His cross. Jesus willingly and intensely determined to pay the price for us (God our Father would have done the same for us, as would have the Spirit of God)!

“The **forgiveness** of our **trespasses**,”

- **Forgiveness** – dismissal, release from, pardon (859 aphesis)
- **Trespasses** – sins, outside of truth (3900 paraptoma)

Commentary- complete and irrevocable forgiveness is given through Jesus Christ.

“**According** to the **riches** of His grace,”

- **According** – down from (2596 kata)
- **Riches** – wealth, abundance (4149 ploutos)

Commentary- forgiveness, sent down from Heaven by God, in Christ Jesus, richly and abundantly.

Verse 8

“...which He [God our Father, through Christ Jesus] **lavished** on us. In all **wisdom** and **insight**...”

- **Lavished** – abounded, went over and above (4052 perisseuo)
- **Wisdom** – clarity, ability to reason (4678 sophia)
- **Insight** – understanding, skill with analogies (5428 phronesis)

Commentary- God did not give unto us a mere “speck” of His grace; He floods His favor into every area of our lives! In His grace towards us God not only abundantly forgives our sins but His Spirit purges sin out of our lives! The reason for this: Almighty God’s agape-love towards us (our First Love).

Jesus Christ atoned for our sins not only because of His awesome love towards us, but also because of His awesome love towards His Father God and God His Holy Spirit. Jesus Christ Himself is God the Word in human flesh.

Verse 9

“In all **wisdom** and **insight**... He [God our Father] made **known** to us the **mystery** of His will,”

- **Wisdom** – clarity, ability to reason (4678 sophia)
- **Insight** – understanding, skill with analogies (5428 phronesis)
- **Known** – come to discover (1107 gnoizo)
- **Mystery** – secret (3466 musterion)

Commentary- God brings us to discover the secret of His will (the secret will of agape-love).

“According to His [God our Father's] **kind intention** which He **purposed** in Him [Jesus Christ]...”

- **Kind intention**- good pleasure (2107 eudokia)
- **Purposed** – proposed, set before (4388 protithemi)

Commentary- This discovery was God's good pleasure and was purposed to be accomplished in and through Jesus Christ!

Verse 10

“With a **view** to an **administration** suitable to the **fullness** of the **times**,”

- View – towards a place / time (1519 eis)
- Administration – stewardship, management (3622 oikonomis)
- Fullness – filling up (4138 pleroma)
- Times – seasons, periods of time (2540 kairos)

Commentary- God's focus was an administration of His Living Word (Jesus Christ) spoken, God's Agape-Love filling up every season.

“[that is], the **summing up** of **all** things in Christ,”

- Summing up – gathering up (346 anakephalaioo)
- All – every (3956 pas)

Commentary- every thing is to be gathered up in Jesus Christ...

“Things in the **heavens** and things on the **earth**.”

- Heavens – God's dwelling, along with other places above the ground (3772 ouranos)
- Earth – land (1093 ge)

Commentary- ...this includes all the heavens as well as throughout the earth.

Verse 11

“In Him [Jesus Christ] also we have **obtained** an **inheritance**,”

- **Obtained an inheritance** – lot-cast; assigned by lot-cast (2820 kleroo)

Commentary- in Christ Jesus, God has divinely “lot-cast” each one of us into our assignments and positions.

“Having been **predestined** according to His [God our Father's] **purpose** Who **works** all things after the **counsel** of His **will**,”

- **Predestined** – predetermined, foreordained, pre-horizoned (4309 proorizo)
- **Purpose** – set forth, proposal (4286 prothesis)
- **Works** – energizes, does (1754 energeo)
- **Counsel** – wise and resolved plan (1012 boule)
- **Will** – wish, desire, choice, preference (2307 thelema)

Commentary- God has His plan for each of us, and it is full of His agape-love towards us. His highly-treasured Spirit is always energetically working this plan into our lives!

Verse 12

“To the **end** that we who were the **first to hope** in Christ would be to the **praise** of His **glory**.”

- End – towards a place / time (1519 eis)
- First to hope – expect beforehand (4276 proelpizo)
- Praise – commendation, approval (1868 epainos)
- Glory – good opinion, honor, splendor (1391 doxa)

Commentary- having Jesus Christ and His agape-love towards us glorified is absolutely essential, and not only for the first believers that hoped in Jesus long before us.

Verse 13

“In Him [Jesus Christ], you also, after **listening** to the **message** of **truth**,”

- Listening – hearing (191 akouo)
- Message – word (embodies an idea) (3056 logos)
- Truth – authentic reality (225 aletheia)

Commentary- the truth of God's agape-love towards us in Christ Jesus needs to be heard within us.

“The **gospel** of your **salvation**- having also **believed**,”

- Gospel – good news (2098 euaggelion)
- Salvation – rescue, preservation (4991 soteria)
- Believed – trusted (4100 pisteuo)

Commentary- because of God's agape-love towards us (our “first love”) we hear, we trust, we are delivered and preserved...

“You were **sealed** in Him [Jesus Christ] with the **Holy Spirit** of **promise**,”

- Sealed – (4972 sphragizo)
- Holy – sacred, set apart, special (40 hagios)
- Spirit – wind (4151 pneuma)
- Promise – guarantee (1860 epaggelia)

Commentary- ...we are sealed into Christ Jesus!

Verse 14

“Who [the Holy Spirit of promise] is given as a **Pledge** to our **inheritance**,”

- Pledge – an earnest, guarantee (728 arrabon)
- Inheritance – heritage gift (2817 kleronomia)

Commentary- the Spirit (“Wind”) of God is our sure guarantee to “horizon” us towards our eternal dwelling, full of the agape-love of Jesus Christ!

“With a **view** to the **redemption** of [God’s own] **possession**,”

- View – motion into a place / time (1519 eis)
- Redemption – paid ransom (629 apolutrosis)
- Possession – preservation, acquisition (4047 peripoiesis)

Commentary- Jesus has ransomed our eternal home and future along with us.

“To the **praise** of His [God’s] **glory**.”

- Praise – commendation, approval (1868 epainos)
- Glory – good opinion, honor, splendor (1391 doxa)

Commentary- Jesus Christ is the Glory of God; Jesus Christ is our First Love. His honor and splendor is beyond commendation.

Verse 15

“For this **reason** I too, having **heard** of the **faith** in the Lord Jesus which [exists] among you and your **love** for all the **saints**,”

- Reason – because of, on account of (1223 dia)
- Heard – listened to (191 akouo)
- Faith – certainty, honest persuasion (4102 pistis)
- Love – divine love, sacrificial love (26 agape)
- Saints – sacred, holy, special, set apart (40 hagios)

Commentary- in the assurance of Jesus Christ is His eternal agape-love. Those in Christ Jesus have His agape-love flowing towards them and towards one another.

Verse 16

“Do not **cease** giving **thanks** for you, while making **mention** [of you] in my **prayers**;

- Cease – stop, hinder, restrain (3973 pauo)
- Thanks – appreciation (2168 eucharisteo)
- Mention – to tell, note, remember (3417 mneia)
- Prayers – wishes (4335 proseuche)

Commentary- in the midst of the agape-love of Christ Jesus towards him, Paul the Apostle never stopped to mention to God of his appreciation of the saints in Ephesus, while making his wishes to God.

Verse 17

“That the **God** of our Lord Jesus Christ, the **Father of Glory**,”

- God – Creator & Owner of all things (2316 theos)
- Father – life-giver, life-impartor (3962 pater)
- Glory – good opinion, honor, splendor (1391 doxa)

Commentary- Jesus Christ, the Son of God, is the Honor and Splendor of God. He declares His Father to be His God as well.

“May give to you a **spirit** of **wisdom** and **revelation** in the **knowledge** of Him.”

- Spirit – wind (4151 pneuma)
- Wisdom – skill to derive truth from evidence (4678 sophia)
- Revelation – uncovering, unveiling (602 apokalupsis)
- Knowledge – recognition (1922 epignosis)

Commentary- the flowing wind towards wisdom... the flowing wind towards unveiling... in the recognition of Who God is and the kind of Person that He is!

Summed up in this: Agape-Love!

Verse 18

“[I pray that] the **eyes** of your **heart** may be **enlightened**,”

- Eyes – organs of vision (3788 ophthalmos)
- Heart – organ that pumps out issues of life (2588 kardia)
- Enlightened – shined, illumined, given light (5461 photizo)

Commentary- Jesus Himself, the Light and Life of the Agape-love of God, when revealed radiates spiritual insight towards the mind and soul.

“So you will **know** what is the **hope** of His [God the Father's] **calling**,”

- Know – see, perceive (3609a oida)
- Hope – expectation (1680 elpis)
- Calling – invitation (2821 klesis)

Commentary- with enlightened souls we see the Agape-love of God towards us that we can always rely on, amplified by Jesus' invitation towards us.

Verse 18

“What are the **riches** of the **glory** of His [God the Father's] **inheritance** in the saints,”

- Riches – wealth (4149 ploutos)
- Glory – good opinion, honor, splendor (1391 doxa)
- Inheritance – heritage gift (2817 kleronomia)

Commentary- ultimately our Triune God is our Inheritance. God's agape-love towards us is full of splendor; may He increase our vision to see this.

Verse 19

“And what is the **surpassing greatness** of His [God the Father's] **power** towards us who **believe**.”

- Surpassing – above and beyond (5235 hyperballo)
- Greatness – vastness (3174 megethos)
- Power – might, strength, force, energy (1411 dunamis)
- Believe – trust (4100 pisteuo)

Commentary- God's power in His agape-love towards us is infinite, way above and beyond that of sin, death, and wickedness. The blood of Jesus Christ, full of the glorious agape-love of God- and used by the Spirit of God- wars against, overcomes, and purges all sin out of our lives.

“[These are] in **accordance** with the **working** of the **strength** of His [God the Father's] **might**,”

- Accordance – down from (2596 kata)
- Working – operative power (1753b energeia)
- Strength – might, dominance (2904 kratos)
- Might – strength, power, force (2479 ischus)

Commentary- God's power of agape-love is always at work upon us and around us; it is tireless and effective.

Verse 20

“[God’s might] which He **brought about** in Christ, when He **raised** Him from the **dead** and **seated** Him at His **right hand** in the **Heavenly** [places],”

- Brought about – worked, done, accomplished (1754 energeo)
- Raised – wakened (1453 egeiro)
- Dead – lifeless (3498 nekros)
- Seated – sat down (2523 kathizo)
- Right hand – right hand / right side (1188 dexios)
- Heavenly – of regions of heaven (2032 epouranios)

Commentary- God’s overwhelming power emanating from His agape-love pierced through death, took hold of Jesus Christ, and awoke Him to immortal life in His physical and sinless body. Jesus Christ was so raised up not only for God’s Own sake and the sake of His Spirit, but for all of our sakes as well.

We have been so honored by Jesus Christ crucified and died for us, and more so by Jesus Christ risen for us!

Verse 21

“Far above all 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.”

- Far above – high above (5231 huperano)
- All – every (3956 pas)
- Rule – origin (746 arche)
- Authority – power to act (1849 exousia)
- Power – strength, force (1411 dunamis)
- Dominion – lordship (2963 kuriotes)
- Name – title (3686 onoma)
- Age – space of time (165 aion)

Commentary- Jesus Christ has been exalted far above all not only for Father God's sake but for ours as well. Jesus is the fullness of agape-love and has been set over us for our good and not our condemnation or destruction.

Verse 22

“And He [God] has put all things in **subjection under** His [Jesus Christ's] **feet**,”

- Subjection – ranked under (5293 hupotasso)
- Under – beneath (5259 hupo)
- Feet – foot (4228 pous)

Commentary- everything is subjected beneath Jesus Christ; everything is put beneath His feet.

“And gave Him [Jesus Christ] as **Head over all** things to the **church**,”

- Head – (2776 kephale)
- Over – beyond (5228 huper)
- All – every (3956 pas)
- Church – assembly, congregation (1577 ekklesia)

Commentary- Jesus Christ is the Head and Overseer of every aspect of the lives of each and every single person who has believed into Him.

Wise people understand that the One most preferred to have every aspect of their lives in subjection under is Jesus Christ- Who died for them, lives for them, and agape-loves them throughout eternity!

Verse 23

“Which is His [Jesus Christ's] **body**,”

- **Body – mystical body (4983 soma)**

Commentary- every single man, woman, and child who believes in Jesus Christ is part of His spiritual body; each one was united into Jesus in spirit at His death, was raised to life with Jesus, and dwells in Jesus' agape-love.

“The **fullness** of Him [Jesus Christ] Who **fills** all in all.”

- **Fullness – wholeness (4138 pleroma)**
- **Fills – makes whole, completes (4137 pleroo)**

Commentary- we are made complete in Jesus Christ and in his agape-love towards us!

Chapter 2

Verse 1

“And you were **dead** in your **trespasses** and **sins**,”

- Dead – lifeless (3498 nekros)
- Trespasses – wrong step, slip-up (3900 paraptoma)
- Sins – failures, missing the marks (266 hamartia)

Commentary- God, Who saw our lifelessness and ongoing failures, in His agape-love towards us was filled with compassion.

Verse 2

“In which you **formerly walked** according to the **course** of this **world**,”

- Formerly – previously (4218 pote)
- Walked – conducted circularly (4043 peripateo)
- Course – age, space of time (165 aion)
- World – inhabitants, “the crowd” (2889 kosmos)

Commentary- we conducted our lives under the corrupt influence of “the crowd” in the various times in which we stumbled along.

Verse 2

“According to the **prince** of the **power** of the **air**,”

- Prince – ruler, chief (758 archon)
- Power – authority to act (1849 exousia)
- Air – lower air (109 aer)

Commentary- the “grand influencer” pushed dark sayings and errors spoken through people among us.

“Of the [evil] **spirit** that is **now working** in the **sons** of **disobedience**.”

- Spirit – wind (4151 pneuma)
- Now – presently, currently (3568 nun)
- Working – operating (1754 energeo)
- Sons – descendants (5207 huios)
- Disobedience – obstinacy, unyielding (543 apeitheia)

Commentary- the “chief of the lower air” (where people dwell), the “grand influencer” is that evil wind- that evil spirit- operating within those who refuse to be persuaded by the Spirit of Jesus Christ.

Verse 3

“Among them we too all **formerly lived** in the **lusts** of our **flesh**,”

- Formerly – previously (4218 pote)
- Lived – dwelt, behaved (390 anastrepho)
- Lusts – passionate longings (1939 epithumia)
- Flesh – physical body (4561 sarx)

Commentary- in past times in our dead existence (separate from God's life) we walked as led by our own wants.

“**Indulging** the **desires** of the **flesh** and of the **mind**,”

- Indulging – making, doing, working (4160 poieo)
- Desires – will (2307 thelema)
- Flesh – physical body (4561 sarx)
- Mind – intellect (1271 dianoia)

Commentary- in times past we worked as willed by sin in the flesh and by the darkened mind.

Verse 3

“And were by **nature children** of **wrath**, even as the **rest**.”

- Nature – (5449 phusis)
- Children – offspring, descendent (5043 teknon)
- Wrath – impulse, anger, indignation (3709 orge)
- Rest – the remaining (3062 loipos)

Commentary- like those remaining in wrath, we continued going according to the corrupt human nature (sin in the flesh), increasing in wrath.

Verse 4

“But God, being **rich** in **mercy**, because of His **great love** with which He **loved** us,”

- Rich – wealthy (4145 plousios)
- Mercy – pity, compassion (1656 eleos)
- Great – much, plenteous (4183 polus)
- Love – divine love, sacrificial love (26 agape)
- Loved – wished well upon (25 agapao)

Commentary- God is rich in compassion towards us in Jesus Christ; His agape-love towards us cannot be diminished. God's wishes towards us are for our wellbeing; God's wish towards sin in us is to purge it out of our lives.

Verse 5

“Even when we were **dead** in our **transgressions**, made us alive together with Christ (by **grace** you have been **saved**),”

- Dead – lifeless (3498 nekros)
- Transgressions – false steps, trespasses (3900 paraptoma)
- Grace – kindness, favor (5485 charis)
- Saved – healed, preserved, rescued (4982 sozo)

Commentary- because God SO favored us He “enlivened” us with Jesus in Jesus’ resurrection life, joining us in spirit to Jesus! At the root and reason for this: *God’s agape-love towards us in Christ Jesus.*

Verse 6

“And **raised** us up with Him [Jesus], and **seated** us in the **Heavenly** [places] in Christ Jesus,”

- Raised – lifted up together (4891 sunegeiro)
- Seated – sat together (4776 sugkathizo)
- Heavenly – of the dwelling of God and His angels (2032 epouranios)

Commentary- we have been sat and *should always remain seated* with Jesus Christ in the spiritual- with His God and Father in Heaven- along with the Spirit of God, the Holy Spirit!

Verse 7

“So that in the **ages** to come He [God] might **show** the **surpassing riches** of His [God's] **grace** in **kindness** towards us in Christ Jesus.”

- Ages – spaces of time, eons (165 aion)
- Show – demonstrate, indicate, prove (1731 endeiknumi)
- Surpassing – above and beyond (5235 huperballo)
- Riches – wealth, treasures (4149 ploutos)
- Grace – kindness, favor (5485 charis)
- Kindness – goodness, excellence, uprightness (5544 chrestotes)

Commentary- the wealth of God's favor, God's lovingkindness, expressed towards us in Jesus Christ goes *far* beyond objects, words, ideas, and imaginations. God, Who summed up is “Agape-love” (and is true of each of the Persons of the Holy Trinity: the Father-Creator, the Son-Word, and the Holy Spirit) gives of Himself sacrificially and cares for us deeply.

Seeing God's grace so expressed towards us in Christ Jesus is a great encouragement and comfort to the rest of God's creation to continue with Him.

Jesus Christ crucified for us is the exclamation point of God's sacrificial love and the Highest Honor ever given to anyone; Jesus Christ raised for us from death and seated at God's right hand- always interceding on our behalf- is another exclamation point.

Jesus Christ proves God's grace beyond all doubt!!

Verse 8

“For by **grace** you have been **saved** through **faith**, and not that of yourselves, [it is] the **Gift** of God;”

- Grace – favor, kindness (5485 charis)
- Saved – healed, preserved, rescued (4982 sozo)
- Faith – certainty, assurance (4102 pistis)
- Gift – present, sacrifice (1435 doron)

Commentary- God's grace is a gift... God's salvation is a gift... God's faith is a gift...

Jesus Christ is the Gift of God's Grace!

Jesus Christ is the Gift of God's Salvation!

Jesus Christ is the Gift of God's Faith!

Inasmuch that God's lovingkindness is better than life,

And that eternal life is knowing God and Jesus Christ,

This indicates that God's eternal lovingkindness in Jesus Christ towards us surpasses eternal life!

Jesus Christ is our Gift-God!

(May all of God's creation experience Jesus Christ!)

Verse 9

“Not as a **result** of **works**, so that no one may **boast**.”

- Result – out from (1537 ek or ex)
- Works – tasks, actions, efforts (2041 ergon)
- Boast – brag proudly (2744 kauchaomai)

Commentary- God giving us Jesus Christ did come out from our workings or accomplishments; our efforts did not prompt God to send Jesus.

Therefore, no one can truthfully say that he or she has earned the right to Jesus Christ.

Our Divine right to Jesus Christ has been initiated by God; He had this in mind at the fall of Adam.

Repentance from death back towards Life in God (Christ Jesus) is a Gift of God and from God!

Becoming conceited about ourselves is not good (actually, it is the origin of evil); God in His wisdom made sure to cut it off from us for eternity.

Verse 10

“For we are His (God’s) **workmanship**,”

- **Workmanship – accomplishment (4161 poiema)**

Commentary- we are the accomplishment, the “artwork”, the creation of God- Who is “Agape-love”.

“**Created** in Christ Jesus for **good works**,”

- **Created – built (2936 ktizo)**
- **Good – beneficial (18 agathos)**
- **Works – tasks, actions, efforts (2041 ergon)**

Commentary- we are *not* created outside of, but within “Agape-love” Incarnate: Jesus Christ!

Good works are for the benefit of ourselves and those around us.

“Which God **prepared beforehand** so that we would **walk** in them.”

- **Prepared beforehand – appointed, predestined, “pre-horizoned” (proetoimazo)**
- **Walk – regulate, conduct oneself (4043 peripateo)**

Commentary- the good works for us to walk in have been so arranged and ordered by God for our “pre-horizoned” journey with Him, each step of the Way!

Verse 11

“Therefore **remember** that **formerly** you, the **Gentiles** in the **flesh**, who are called ‘**Uncircumcision**’ by the so-called ‘**Circumcision**,’ [which is] **performed** in the flesh by human hands-”

- Remember – call to mind (3421 mnemoneuo)
- Formerly – once, at one time, previously (4218 pote)
- Gentiles – non-Israelite peoples (1484 ethnos)
- Flesh – solid parts of the body excluding the bones (4561 sarx)
- Uncircumcision – male foreskin (203 akrobustia)
- Circumcision – male foreskin removed (4061 peritome)
- Performed – done by hand (5499 cheiropoietos)

Commentary- circumcision in the natural is a copy of what God does in the spiritual: cutting away of the sin condition in the spirit.

The fact that circumcision directed by God was to the male and not female testifies that the sin condition is transmitted in the natural through the male...

Thus, Jesus Christ was born in likeness of sinful flesh but had no sin in Himself; God is His Father.

Nevertheless, circumcision in the flesh accomplishes nothing except being a sign of the true circumcision in Christ Jesus.

Verse 12

“[Remember] that you were at that time **separate** from Christ,”

- **Separate** – apart, detached (5565 choris)

Commentary- all of the non-Israelite peoples were detached from Christ Jesus.

“**Excluded** from the **commonwealth** of Israel,”

- **Excluded** – alienated, estranged (526 apallotrioo)
- **Commonwealth** – citizenship (4174 politeia)
- **Israel** – the land and Jewish people (2474 Israel) of the area known as “God strives” (3478 Yisrael)

Commentary- the non-Israelite peoples were excluded from citizenship in Israel.

“And **strangers** to the **covenants** of **promise**,”

- **Strangers** – foreigners (3581 xenos)
- **Covenants** – testaments (1242 diatheke)
- **Promise** – summons, guarantee (1860 epaggelia)

Commentary- the non-Israelite peoples were excluded foreigners to God's promises towards Israel.

Verse 12

“Having no **hope** and **without God** in the **world**.”

- Hope – expectation (1680 elpis)
- Without God – godless, ungodly (112 atheos)
- World – ordered universe (2889 kosmos)

Commentary- the non-Israelite peoples had no expectation and were in a condition of “no God”.

In the former times all non-Israelite peoples were in darkness and, although God was still God over them, willfully went into further darkness and hopelessness.

Verse 13

“But now in Christ Jesus you who were formerly **far off** have been **brought near** by the **blood** of Christ.”

- Far off – long distance away (3112 makran)
- Brought – became, happened (1096 ginomai)
- Near – close in distance (1451 eggus)
- Blood – (129 haima)

Commentary- the blood of Jesus Christ, full of the glorious agape-love of God, reaches far beyond all distance towards all peoples to draw them near.

Verse 14

“For He [Jesus] Himself is our **peace**, Who made **both** [groups into] **one** and **broke down** the **barrier** of the **dividing wall**,”

- Peace – tranquility, quietness, rest (1515 eirene)
- Both – one and another of two (297 amphotoi)
- One – single (1520 heis)
- Broke down – loosed, released, dissolved (3089 luo)
- Barrier – fence (5418 phragmos)
- Dividing wall – middle partition (3320 mesotoichon)

Commentary- being united in the spirit with Jesus Christ in His death means that both Israelites and non-Israelites are of the same spirit. They are transformed inwardly into new and eternal people.

The spiritual heritage overrides all natural heritage.

God in Jesus Christ agape-loves every person in Jesus Christ equally and beyond measure!

Verse 15

“By **abolishing** in His [Jesus Christ's] **flesh** the **enmity**,”

- Abolishing – annulling, ending, cancelling, voiding (2673 katargeo)
- Flesh – solid parts of the body excluding the bones (4561 sarx)
- Enmity – hostility (2189b echthra)

Commentary- Jesus Christ voided all hostility among all of us who are in Him, this hostility towards God and towards one another (specifically Israelites against non-Israelites and vice-versa).

“[Which is] the **Law** of **commandments** [contained] in **ordinances**,”

- Law – rules, Mosaic Law (3551 nomos)
- Commandments – injunctions, orders (1785 entole)
- Ordinances – opinions, decrees (1378 dogma)

Commentary- the edicts within the Mosaic law was intended to keep the Israelites separate and distinct from the non-Israelites (the Gentile world). This hostility has been eliminated in Christ Jesus for all who are in Christ Jesus in spirit (the spiritual overrules the flesh).

Verse 15

“So that in Himself [Jesus Christ] He might **make** the two into one **new man**,”

- **Make** – build, create (2936 ktizo)
- **New** – fresh, without decay (2537 kainos)
- **Man** – humankind (444 anthropos)

Commentary- Jesus Christ does what no human can do: He unites forever people who once were divided in major hostility against one another.

“[Thus] **establishing peace**.”

- **Establishing** – doing, causing, constructing (4160 poieo)
- **Peace** – quietness, tranquility, rest (1515 eirene)

Commentary- Jesus Christ Himself is the peace between, and among, each and every person within the Body of Christ.

The Spirit of Christ- the Holy Spirit- maintains the unity among the members of the Body of Christ (a miracle in and of itself).

The peace in Christ Jesus surpasses *all* understanding.

Verse 16

“And might **reconcile** them **both** in **one body** to God through the cross, by it having **put to death** the **enmity**.”

- Reconcile – completely harmonize (604 apokatalasso)
- Both – one and another of two (297 amphotoi)
- One – single (1520 heis)
- Body – mystical body (4983 soma)
- Put to death – killed (615 apokteino, apoktenno)
- Enmity – hostility (2189b echthra)

Commentary- Jesus Christ brought peace and harmony between Israelite and non-Israelite peoples through His cross; Jesus *killed* the hostility among all those who trust in (“believe into”) Him!

The root cause for this great work on the cross accomplished by Jesus Christ is very simple and profound:

- God the Father’s agape-love towards us!
- Jesus’ agape-love towards God- His Father!
- Jesus’ agape-love towards us!
- The Spirit of God’s agape-love towards us!

For our sakes God delivered up Jesus Christ to be sacrificed for our offences...

...And for Jesus Christ’s sake God has completely forgiven us freely of every offence!

Verse 17

“And He [Jesus Christ] **came** and **preached peace** to you who were **far away**, and peace to those who were **near**,”

- **Came** – arrived (2064 erchomai)
- **Preached** – announced good news, proclaimed good news (2097 euaggelizo)
- **Peace** – tranquility, quietness, rest (1515 eirene)
- **Far away** – a long distance off (3112 makran)
- **Near** – a short distance away, close (1451 eggus)

Commentary- peace with God through Jesus Christ (*and ONLY comes through Jesus Christ*) is the good news Jesus Himself announced.

Verse 18

“For through Him [Jesus Christ] we both [Israelites and non-Israelites] have our **access** in one **Spirit** [Holy Spirit] to the Father [God the Father].”

- **Access** – a bringing to, admission (4318 prosagoge)
- **Spirit** – wind, breath (4151 pneuma)

Commentary- the Spirit of God, the Holy Spirit, on account of Jesus Christ moves, flows, and brings us to God the Father without any reason to be afraid of Him.

Verse 19

“So then you are **no longer strangers** and **aliens**, but you are **fellow citizens** with the **saints**, and are of God's **household**,”

- No longer – not any more (3765 ouketi)
- Strangers – foreigners, guests (3581 xenos)
- Aliens – near dwellers, foreigners (3941 paroikos)
- Fellow citizens – welcomed kingdom members (4847 sumpolites)
- Saints – sacred people, holy people, people set apart (40 hagios)
- Household – in the house, of the house (3609b oikeios)

Commentary- non-Israelites in Christ Jesus are not foreigners in the sight of God but are sacred kingdom members of His eternal house with the Israelites.

This house is the dwelling of God in His Holy Spirit, and is full of God's glorious agape-love!

Verse 20

“Having been **built** on the **foundation** of the **apostles** and **prophets**,”

- Built – constructed upon (2026 epoikodomeo)
- Foundation – lowest layer of a building (2310b themelios)
- Apostles – messengers, missionaries (652 apostolos)
- Prophets – forth-tellers, seers (4396 prophetes)

Commentary- the Foundation of the apostles and prophets is Jesus Christ Himself.

“Christ Jesus Himself being the **Corner** [Stone],”

- Corner – the extreme angle (204 akrogoniaios)

Commentary- Jesus Christ Himself is the Corner by which Israelites and non-Israelites are joined together into one group of the family of God.

Verse 21

“In Whom the **whole building**, being **fitted together**,”

- Whole – entire, all, every part (3956 pas)
- Building – construction (3619 oikodome)
- Fitted together – placed precisely (4883 sunarmologeio)

Commentary- in Christ Jesus each one of us has our eternal place that is well-suited and well-prepared for us!

“Is **growing** into a **holy temple** in the Lord,”

- Growing – increasing (837 auxano)
- Holy – sacred (40 hagios)
- Temple – shrine (3485 naos)

Commentary- the body of believers in the Lord Jesus Christ which comprises God's sacred temple is ever growing.

Verse 22

“In Whom [Jesus Christ] you also are being built together into a **dwelling** of God in the Spirit.”

- Dwelling – habitation, abode (2732 katoiketerion)

Commentary- in Christ Jesus we are each placed together in God's habitation in God's Holy Spirit!

God, Who summed up is “Agape-love”, so desires us to be so ever close to Himself, yet in such a manner in which we are not suffocated.

Chapter 3

Verse 1

“For this **reason** I, **Paul**, the **prisoner** of Christ Jesus for the **sake** of you **Gentiles--**”

- Reason – in favor of, favorable cause, pleasure of (5484 charin)
- Paul – to cease, restrain, stop (3972 Paulos, from 3973 pauo)
- Prisoner – captive, bounded person (1198 desmios)
- Sake – on behalf of, concerning (5228 huper)
- Gentiles – non-Israelite peoples (1484 ethnos)

Commentary- Paul was bound to Jesus Christ for the sakes of the non-Israelites (as well as for Paul's own sake). Paul is the one God chose to be His apostle to the non-Israelite world; therefore, every one of Paul's writings is written under the inspiration of the Spirit of God to us non-Israelites.

Verse 2

“If **indeed** you have **heard** of the **stewardship** of God's **grace** which was **given** to me for you;”

- Indeed – at least (1065 ge)
- Heard – listened to and comprehended (191 akouo)
- Stewardship – administration, management (3622 oikonomia)
- Grace – favor, lovingkindness (5485 charis)
- Given – bestowed (1325 didomi)

Commentary- the administration of God's favor towards the non-Israelite peoples was entrusted to Paul (and delivered by the Holy Spirit).

Verse 3

“That by **revelation** there was **made known** to me the **mystery**, as I wrote before in **brief**.”

- Revelation – unveiling, uncovering (602 apokalupsis)
- Made known – came to recognize (1107 gnorizo)
- Mystery – secret doctrine (3466 musterion)
- Brief – few, little, small (3641 oligos)

Commentary- the secret doctrine of God (not man) in Christ Jesus was unveiled to Paul's eyes of understanding...

Verse 4

“By referring to this [brief], when you **read** you can **understand** my **insight** into the **mystery** of Christ,”

- Read – know (314 anaginosko)
- Understand – perceive, comprehend (3539 noeo)
- Insight – put together (4907 sunesis)
- Mystery – secret doctrine (3466 musterion)

Commentary- ...this secret doctrine of Christ was able to be understood in the brief Paul wrote. It showed Paul's insight regarding this doctrine...

Verse 5

“Which in other **generations** was not **made known** to the **sons** of men,”

- Generations – races, families (1074 genea)
- Made known – came to perceive (1107 gnoizo)
- Sons – male descendants (5207 huios)

Commentary- ...this secret doctrine was hidden from those of past Israelite (and non-Israelite) generations of peoples; they did not perceive it...

“As it has **now** been **revealed** to His (God's) **holy apostles** and **prophets** in the Spirit;”

- Now – at this time, in the present (3568 nun)
- Revealed – unveiled, uncovered (601 apokalupto)
- Holy – sacred, distinct, different (40 hagios)
- Apostles – messengers, missionaries (652 apostolos)
- Prophets – forthtellers, seers (4396 prophetes)

Commentary- ...yet in Paul's time this secret doctrine was uncovered to the eyes of God's apostles and seers by the Spirit of God...

Verse 6

“[To be specific] that the **Gentiles** are **fellow heirs** and fellow members of the body,”

- **Gentiles** – non-Israelite peoples (1484 ethnos)
- **Fellow heirs** – co-inheritors (4789 sugkleronomos)

Commentary- ...this secret doctrine is that God means for all non-Israelite peoples to be inheritors of His kingdom, and not for Israelite people exclusively...

“And **fellow partakers** of the **promise** in Christ Jesus through the **gospel**,”

- **Fellow partakers** – joint sharers (4830 summetochos)
- **Promise** – guarantee, summons (1860 epaggelia)
- **Gospel** – good news (2098 euaggelion)

Commentary- ...the non-Israelite peoples are to share in Christ Jesus guaranteed through the Good News:

- Jesus Christ crucified for us (the True Sacrifice)
- Jesus Christ buried (planted) for us
- Jesus Christ risen for us
- Jesus Christ ascended for us!

Jesus Christ: Agape-love incarnate!!

Verse 7

“Of which [the Good News of Jesus Christ] I [Paul] was **made a minister,**”

- Made – became, came into being (1096 ginomai)
- Minister – servant (1249 diakonos)

Commentary- Paul was transformed inwardly by the Spirit of God into growing into a servant of the Good News of Jesus Christ.

“**According** to the **gift** of God's **grace** which was given to me [Paul] according to the **working** of His [God's] **power.**”

- According – by way of, on the basis of (2596 kata)
- Gift – free benefit (1431 dorea)
- Grace – favor, lovingkindness (5485 charis)
- Working – energetic action, activity (1753b energeia)
- Power – strength, might, force (1411 dunamis)

Commentary- the free gift of God's lovingkindness was given to Paul through God's power, the infinite power of agape-love.

Verse 8

“To me [Paul], the very **least** of all **saints**, this **grace** was **given**,”

- Least – smallest (1646 elachistos)
- Saints – sacred, holy, special, set apart (40 hagios)
- Grace – favor, lovingkindness (5485 charis)
- Given – put, placed (1325 didomi)

Commentary- God's great lovingkindness was placed upon the least of all saints...

“To **preach** to the **Gentiles** the **unfathomable riches** of Christ,”

- Preach – announce good news, proclaim good news (2097 euaggelizo)
- Gentiles – non-Israelite peoples (1484 ethnos)
- Unfathomable – untraceable, cannot be traced out (421 anexichniastos)
- Riches – wealth (4149 ploutos)

Commentary- the true wealth of glory-- of Christ Jesus-- is so vast that it goes far beyond us. Who could map it out?

Verse 9

“And to **bring to light** what is the **administration** of the **mystery** which for **ages** has been **hidden** in God Who **created** all things,”

- Bring to light – shine upon (5461 photizo)
- Administration – stewardship (3622 oikonomia)
- Mystery – secret doctrine (3466 musterion)
- Ages – spaces of time, cycles (165 aion)
- Hidden – concealed (613 apokrupto)
- Created – built (2936 ktizo)

Commentary- the Good News of God's Grace in and through Christ Jesus that was to be poured out upon all peoples (Israelite and non-Israelite alike) was kept hidden in God Himself throughout the ages past...

...until the time came for that “great spotlight” to be shined upon it!

Verse 10

“So that the **manifold wisdom** of God might now be **made known** through the **church** to the **rulers** and the **authorities** in the **Heavenly** [places].”

- **Manifold** – of differing colors, multifaceted (4182 polupoikilos)
- **Wisdom** – intelligent skill (4678 sophia)
- **Made known** – discovered (1107 gnoizo)
- **Church** – assembly, congregation (1577 ekklesia)
- **Rulers** – magistrates of origin (746 arche)
- **Authorities** – powers (1849 exousia)
- **Heavenly** – celestial (2032 epouranios)

Commentary- a great reconciliation and encouragement to the angelic realm that have chosen to stay with God in His Heavenly places: **God's Self-sacrificial lovingkindness in Christ Jesus through various ways being revealed via the Body of Christ, down throughout the ages after Jesus was ascended back into Heaven!**

An ongoing, multifaceted streams of revelations in this “discovery journey”!

Verse 11

“[This was] in **accordance** with the **eternal purpose** which He [God] **carried out** in Christ Jesus our Lord,”

- **Accordance** – down from (2596 kata)
- **Eternal** – never-ending spaces of time, to the “ages of the ages” (165 aion)
- **Purpose** – intention, predetermination, setting forth (4286 prothesis)
- **Carried out** – accomplished, done (4160 poieo)

Commentary- the Good News of Jesus Christ so discovered is for eternity.

Verse 12

“In Whom [Christ Jesus] we have **boldness** and **confident access** through **faith** in Him.”

- **Boldness** – openness, freedom of speech (3954 parresia)
- **Confident** – certain, sure, reliable (4006 pepoithesis)
- **Access** – bringing to, admission (4318 prosagoge)
- **Faith** – persuasion to trust (4102 pistis)

Commentary- in Christ Jesus we possess access to God; in Christ Jesus we can be brought into God's Presence anywhere, at any time, in any circumstance.

Even more so, in Christ Jesus we can speak to God openly, honestly, and freely without being afraid (yet remain in holy awe and wonder of God, and of Jesus!)

Verse 13

“Therefore I [Paul] ask you not to **lose heart** at my **tribulations** on your **behalf**, for they are your **glory**.”

- Lose heart – despair, become weary (1457b egkakeo)
- Tribulations – persecutions, afflictions, distresses (2347 thlipsis)
- Behalf – for the sake of, concerning (5228 huper)
- Glory – good opinion, honor, splendor (1391 doxa)

Commentary- Paul stated clearly that the believers in Christ Jesus at Ephesus were worth suffering for.

Verse 14

“For this **reason** I [Paul] **bow** my **knees** **before** the **Father** [God],”

- Reason – in favor of, for the pleasure of (5484 charin)
- Bow – bend (2578 kampto)
- Knees – joints of the thighs to the shins (1119 gonu)
- Before – towards (4314 pros)
- Father – Creator, Life-Imparter (3962 pater)

Commentary- in favor of the believers in Christ Jesus at Ephesus Paul bent his knees towards God on their behalf, petitioning...

Verse 15

“From Whom [God the Father] every **family** in **Heaven** and on **earth derives its name**,”

- Family – lineage (3965 patria)
- Heaven – God’s dwelling, along with other places above the ground (3772 ouranos)
- Earth – land (1093 ge)
- Derives its name – is named, called (3687 onomazo)

Commentary- the names of all peoples come from God, Who summed up is “Agape-Love”.

Verse 16

“That He [God] would **grant** you, **according** to the **riches** of His **glory**,”

- Grant – give (1325 didomi)
- According – down from (2596 kata)
- Riches – wealth (4149 ploutos)
- Glory – good opinion, honor, splendor (1391 doxa)

Commentary- the giving from God that Paul earnestly petitioned God for would come down from the wealth of God’s glory; Jesus Christ Himself is the flawless Glory of God.

Verse 16

“To be **strengthened** with **power** through His [God's] **Spirit** in the **inner man**,”

- Strengthened – increased in might (2901 krataioo)
- Power – force, energy (1411 dunamis)
- Spirit – wind, breath (4151 pneuma)
- Inner – within, inside (2080 eso)
- Man – human (444 anthropos)

Commentary- God's Holy Spirit, the Wind Who is “Agape-love”, so renews and energizes us inwardly into our new and true selves in Christ Jesus...

Verse 17

“So that **Christ** may **dwell** in your **hearts** through **faith**,”

- Christ – Anointed One (5547 Christos)
- Dwell – inhabit, settle in (2730 katoikeo)
- Hearts – center being (2588 kardia)
- Faith – persuaded trust (4102 pistis)

Commentary- ...being “anointed within” with the Anointed One within us, Who was willingly crucified for our sakes!

Verse 17

“[And] that you, being **rooted** and **grounded** in **love**,”

- Rooted – planted (4492 rhizoo)
- Grounded – founded (2311 themelioo)
- Love – divine love, sacrificial love (26 agape)

Commentary- we are to be deeply rooted in God's agape-love towards us in Christ Jesus, our First Love!

- God the Father's agape-love towards us!
- God the Son's (Christ Jesus') agape-love towards us!
- God the Holy Spirit's agape-love towards us!

Verse 18

“May be able to **comprehend** with all the **saints** what is the **breadth** and **length** and **height** and **depth**,”

- Comprehend – lay hold of, seize (2638 katalambano)
- Saints – sacred, holy, special, set apart (40 hagios)
- Breadth – how wide (4114 platos)
- Length – how long (3372 mekos)
- Height – how high (5311 hupsos)
- Depth – how deep (899 bathos)

Commentary- may we seize and understand this profound truth beyond measure: in width, length, height, and depth...

Verse 19

“And to **know** the **love** of **Christ** which **surpasses knowledge**,”

- Know – recognize, perceive, experience (1097 ginosko)
- Love – divine love, sacrificial love (26 agape)
- Christ – Anointed One (5547 Christos)
- Surpasses – goes above and beyond (5235 huperballo)
- Knowledge – functional perception, applied experience (1108 gnosis)

Commentary- ...to experience for ourselves the agape-love that Jesus Christ has towards us that *far* surpasses all other experiences!

“That you may be **filled** up to all the **fullness** of God.”

- Filled – completed (4137 pleroo)
- Fullness – completeness (4138 pleroma)

Commentary- Jesus' agape-love towards us brings us into the fullness of God Himself; *we are made complete in Christ Jesus!*

Verse 20

“Now to Him [God] Who is **able** to do **far more abundantly beyond** all that we **ask** or **think**,”

- Able – has power (1410 dunamai)
- Far More Abundantly – super-increasingly (5238b huperekperissou)
- Beyond – over, exceeding (5228 huper)
- Ask – request (154 aiteo)
- Think – perceive, realize (3539 noeo)

Commentary- God is very capable of accomplishing so much beyond what we would desire of Him that it becomes unfathomable.

“According to the **power** that **works within** us,”

- Power – might, strength, energy, force (1411 dunamis)
- Works – operates (1754 energeo)
- Within – inside (1722 en)

Commentary- the Power of God Who works within us is the Spirit of God: the Power of Agape-love, the Spirit of Agape-love!

Verse 21

“to Him [God] [be] the **glory** in the **church** and in Christ Jesus to all **generations forever and ever. Amen.**”

- **Glory** – good opinion, honor, praise (1391 doxa)
- **Church** – assembly, congregation (1577 ekklesia)
- **Generations** – lineages, families (1074 genea)
- **Forever and ever** – “to the ages of the ages” (165 aion)
- **Amen** – truly, “so be it” (281 amen)

Commentary- as so proved by Jesus Christ to the utmost, God is rightly judged to be so *treasured* and so *trusted* by His Own!

The sufferings that Jesus Christ endures for our sakes proves the suffering that God would endure for our sakes...

...again, God would rather take all our sin, death, hell, damnation, curse upon Himself and overcome it rather than for us to be stuck in hell enslaved to sin permanently. Jesus Christ (God in the flesh) accomplished this and more!

Agape-love to the extreme towards us- who can embrace all of it?

Chapter 4

Verse 1

“Therefore I [Paul], the **prisoner** of the **Lord**,”

- Prisoner – one bounded (1198 desmios)
- Lord – Master (2962 kurios)

Commentary- Paul was chained to Jesus Christ; in no way was Jesus going to allow Paul to fall away from Him!

“**Implore** you to **walk** in a **manner worthy** of the **calling** with which you have been **called**,”

- Implore – encourage, exhort (3870 parakaleo)
- Walk – behave, conduct oneself (4043 peripateo)
- Manner worthy – becoming, suitable (516 axios)
- Calling – invitation (2821 klesis)
- Called – invited (2564 kaleo)

Commentary- may the Spirit of God- the Spirit of Agape-love, so encourage and empower us to live out our new lives in Christ Jesus (from within) that so shines towards Jesus' invitation towards us.

Jesus Christ has invited us to His abode of His agape-love!!

Verse 2

“With all **humility** and **gentleness**, with **patience**,”

- Humility – lowliness of mind (5012a tapeinophrosune)
- Gentleness – mildness (4240 prautes)
- Patience – longsuffering, endurance (3115 makrothumia)

Commentary- may the Spirit of God- the Spirit of Agape-love, keep us in lowliness of heart & mind, keep us in mildness, keep us in longsuffering: the very humility, gentleness, and longsuffering of Jesus.

“**Showing tolerance** for one another in **love**,”

- Showing tolerance – bearing with (430 anecho)
- Love – divine love, sacrificial love (26 agape)

Commentary- because we abide in the awesome, self-sacrificial agape-love that Jesus Christ has towards us, even so may that same agape-love flow out from us towards one another in His body- the Body of Christ!

Verse 3

“Being **diligent** to **preserve** the **unity** of the Spirit in the **bond** of **peace**,”

- Diligent – hasty, speedy, swift (4704 spoudazo)
- Preserve – watch over, guard (5083 tereo)
- Unity – oneness, unanimity (1775b henotes)
- Bond – joining, tying (4886 sundesmos)
- Peace – tranquility, quietness, rest (1515 eirene)

Commentary- the Spirit of God- the Spirit of Jesus Christ, keeps us joined together in Christ's agape-love towards us with tranquility that surpasses all understanding.

Jesus' agape-love towards us prompts us to watch over and stay united in His Spirit.

Verse 4

“[There is] **one body** and one **Spirit**,”

- One – single (1520 heis)
- Body – united group (4983 soma)
- Spirit – wind, breath (4151 pneuma)

Commentary- there is one single Body of Christ believers who flow in the agape-love that Jesus has towards them. This flow is in the Holy Spirit- the Spirit of God.

Verse 4

“Just as also you were called in one hope of your calling;”

- Just – according as, even as (2531a kathos)
- Called – invited (2564 kaleo)
- Hope – expectation (1680 elpis)
- Calling – invitation (2821 klesis)

Commentary- the invitation of Christ Jesus towards us in His Spirit is of such a kind that we can count on this invitation to be sound and true; the invitation of God's agape-love in Jesus is always trustworthy and true!

Verse 5

“One Lord, one faith, one baptism,”

- One – single (1520 heis)
- Lord – Master (2962 kurios)
- Faith – persuaded trust (4102 pistis)
- Baptism – dipping, sinking (908 baptisma)

Commentary- we have been baptized into the death of Christ Jesus; we have sank into the depths of God's agape-love towards us. We have been persuaded by the Spirit of God to trust in Jesus Christ, Who is appointed our Lord for our good and not our destruction.

- One Lord Jesus Christ
- One Persuasion to God (Jesus Christ)
- One baptism into the depths of agape-love

Verse 6

“One God and Father of all Who is over all and through all and in all.”

- One – single (1520 heis)
- God – Creator & Owner of all things (2316 theos)
- Father – Creator, Life-Imparter (3962 pater)
- All – entire, whole, every part (3956 pas)
- Over – upon (1909 epi)
- Through – across (1223 dia)

Commentary- it is in our Father God that we move about and have our existence, our being. In His agape-love towards us God keeps us, sustains us, and is so patient with us!

Our One God is Father, Son (the Word, Jesus Christ), and the Holy Spirit.

Verse 7

“But to **each** one of us **grace** was **given** according to the **measure** of Christ's **gift**.”

- Each – every (1538 hekastos)
- Grace – favor, lovingkindness (5485 charis)
- Given – put, placed (1325 didomi)
- Measure – quantity value, standard (3358 metron)
- Gift – free benefit (1431 dorea)

Commentary- the Gift of Christ goes far beyond price, far beyond any measure, into infinity! Therefore, the favor that God in Christ Jesus has towards each one of us is boundless. The origin of this favor is God's agape-love towards each one of us in Jesus!

Verse 8

“Therefore it says, ‘WHEN HE [Jesus Christ] **ASCENDED ON HIGH, HE LED CAPTIVE A HOST OF CAPTIVES, AND HE GAVE GIFTS TO MEN.**”

- Ascended – went up (305 anabaino)
- High – height (5311 hupsos)
- Led captive – (162 aichmaloteuo)
- Host of captives – captivity, captive multitude (161 aichmalosia)
- Gave – put, placed (1325 didomi)
- Gifts – presents (1390 doma)
- Men – mankind (444 anthropos)

Commentary- captivated by Jesus Christ we have received many “Christmas presents” from Him in the spiritual and the natural- expressions of His agape-love towards us!

Verse 9

“(Now this [expression], ‘He [Jesus Christ] **ascended**,’ what **does it mean except** that He **descended** into the **lower parts** of the **earth**?”

- Ascended – went up (305 anabaino)
- Does it mean – what exists (1510 eimi)
- Except – other than, if not (1508 ei me)
- Descended – went down (2597 katabaino)
- Lower – under (2737a katoteros)
- Parts – portions, shares (3313 meros)
- Earth – land (1093 ge)

Commentary- Jesus Christ, after His crucifixion, descended into the heart of the earth. Here the profound union (actually Holy Communion) occurred: in Jesus awesome agape-love towards us we were forever joined to Him in spirit!

Verse 10

“He [Jesus Christ] Who **descended** is Himself also He **ascended far above all the heavens,**”

- Descended – went down (2597 katabaino)
- Ascended – went up (305 anabaino)
- Far above – high up (5231 huperano)
- All – every (3956 pas)
- Heavens – dwelling of God and other beings (3772 ouranos)

Commentary- Jesus ascended far up- into the throne of God the Father Himself! In agape-love towards Jesus and us the Father has so raised Him up on high!

“**So** that He [Jesus Christ] might **fill all** things.)”

- So – for the purpose (2443 hina)
- Fill – make full, complete (4137 pleroo)
- All – every (3956 pas)

Commentary- Jesus fills us completely with the fullness that comes from God.

Verse 11

“And He [Jesus Christ] gave **some** [as] **apostles**, and some [as] **prophets**, and some [as] **evangelists**, and some [as] **pastors** and **teachers**,”

- Some – the (3588 ho, he, to)
- Apostles – messengers on a mission (652 apostolos)
- Prophets – forth-tellers, seers (4396 prophetes)
- Evangelists – bringers of good news (2099 euaggelistes)
- Pastors – shepherds (4166 poimen)
- Teachers – instructors (1320 didaskalos)

Commentary- the 5-fold ministry of Jesus Christ:

- Apostles- delegates of Jesus Christ
- Prophets- forth-tellers of Jesus Christ
- Evangelists- announcers of the Good News of Jesus Christ
- Pastors- shepherds for Jesus Christ
- Teachers- instructors in Jesus Christ

These are the five offices of Jesus Christ for the Body of Christ.

Verse 12

“For the **equipping** of the **saints** for the **work** of **service**,”

- Equipping – preparing (2677 katartismos)
- Saints – sacred, holy, special, set apart (40 hagios)
- Work – task, accomplishment (2041 ergon)
- Service – ministry, ministration (1248 diakonia)

Commentary- the five offices of Jesus Christ prepare His saints for ministries of His agape-love...

“To the **building** up of the **body** of Christ;”

- Building – edifying (3619 oikodome)
- Body – united group (4983 soma)

Commentary- these ministries of Jesus Christ are intended for all His Own and accomplished in His agape-love towards all His Own in His spiritual body.

Verse 13

“Until we all attain to the unity of the faith,”

- Until – as far as (3360 mechri or mechris)
- All – every (3956 pas)
- Attain – reach (2658 katantao)
- Unity – oneness, completeness (1775b henotes)
- Faith – persuasion (4102 pistis)

Commentary- the various ministries of Jesus Christ to the Body of Christ that are overseen by the five-fold offices of Jesus Christ are to continue all the way to completion and oneness, with each step onward in His agape-love towards us all!

“And of the knowledge of the Son of God,”

- Knowledge – recognition by experience (1922 epignosis)
- Son – male offspring (5207 huios)
- God – Creator & Owner of all things (2316 theos)

Commentary- we experience the Son of God- Jesus Christ- and His agape-love towards us for ourselves, and through Jesus we experience the agape-love of God His Father as well as God the Holy Spirit for ourselves.

We are to experience the Son of God more fully as our journey continues...

Verse 13

“To a **mature man**, to the **measure** of the **stature** which belongs to the **fullness** of **Christ**.”

- **Mature** – reached its end, complete (5046 teleios)
- **Man** – adult male human (435 aner)
- **Measure** – quantity value, standard (3358 metron)
- **Stature** – maturity, age (2244 helikia)
- **Fullness** – filling up (4138 pleroma)
- **Christ** – Anointed One, Messiah (5547 Christos)

Commentary- ...until we are completely grown in Jesus, made flawless in Him, sharing in His agape-love.

Verse 14

“**As a result**, we are **no longer** to be **children**, tossed here and there by waves and **carried about**...”

- **As a result** – in order that, so that (2443 hina)
- **No longer** – not anymore (3371 meketi)
- **Children** – infants, immature (3516 nepios)
- **Carried about** – passed around (4064 periphero)

Commentary- God desires us to grow strong in spirit in Christ Jesus so that, in His agape-love, we stand immovable against other winds (other spirits).

Verse 14

“...by every **wind** of **doctrine**, by the **trickery** of **men**, by **craftiness** in **deceitful scheming**,”

- Wind – gust of air (417 anemos)
- Doctrine – instruction, teaching (1319 didaskalia)
- Trickery – make-believe, sleight, dice-playing (2940 kubeia)
- Men – humankind (444 anthropos)
- Craftiness – cleverness (3834 panourgia)
- Deceitful – misleading, wandering (4106 plane)
- Scheming – plotting, planning, crafting (3180 methodeia)

Commentary- the types of waves that toss around spiritual infants in Jesus Christ include:

- Gusts of teachings
- Rolling the dice
- Clever crafts that cause to wander

Verse 15

“But **speaking the truth in love**,”

- Speaking the truth – saying the truth (226 aletheuo)
- Love – divine love, sacrificial love (26 agape)

Commentary- to stand against these waves that toss around spiritual infants in Jesus Christ, proclaiming the truth of Who God is in His awesome agape-love towards us in Jesus Christ is the anchor into Jesus!

“We are to **grow** up in **all** [aspects] into Him Who is the **Head**, [even] Christ,”

- Grow – increase (837 auxano)
- All – every (3956 pas)
- Head – (2776 kephale)

Commentary- the agape-love of Jesus Christ towards us causes us to grow and increase in every area of our lives into Him, our Overseer.

Verse 16

“From Whom the **whole body**, being **fitted** and **held together** by what **every joint supplies**,”

- Whole – all, every (3956 pas)
- Body – united mystical group (4983 soma)
- Fitted – put together (4883 sunarmologeio)
- Held together – joined (4822 sumbibazo)
- Every – each (3956 pas)
- Joint – ligament, band, fastener (860 haphe)
- Supplies – provides (2024 epichoregia)

Commentary- each ligament in the spiritual within the Body of Christ is gifted by Jesus Christ to keep each individual bonded together with another as Christ's agape-love flows among them.

Verse 16

“According to the proper working of each individual part,”

- According – down from (2596 kata)
- Proper – measure (3358 metron)
- Working – operative power, energy (1753b Energeia)
- Each – every (1538 hekastos)
- Individual – one, single (1520 heis)
- Part – portion, share (3313 meros)

Commentary- each member of the Body of Christ has his or her skill for ministry according to the measure that Jesus has given; this service operates in His agape-love.

“Causes the growth of the body for the building up of itself in love.”

- Causes – initiates, makes (4160 poieo)
- Growth – increase (838 auxesis)
- Body – united mystical group (4983 soma)
- Building – constructing, edifying (3619 oikodome)
- Love – divine love, sacrificial love (26 agape)

Commentary- the service of the members of the Body of Christ to one another increases the entire Body in maturity, in number, in endurance as the agape-love from Jesus Christ flows within them and among them. The Spirit of God- the Spirit of Jesus Christ- keeps this flow ever in motion.

Verse 17

“So this I [Paul] say, and **affirm** together with the **Lord** [Jesus],”

- **Affirm** – call to witness (3143 marturomai)
- **Lord** – master (2962 kurios)

Commentary- in unison with and in the agape-love of the Lord Jesus, the Apostle Paul writes...

“That you **walk no longer just** as the **Gentiles** also walk,”

- **Walk** – conduct oneself (4043 perpateo)
- **No longer** – not anymore (3371 meketi)
- **Just** – accordingly, in the same manner (2531a kathos)
- **Gentiles** – non-Israelite peoples (1484 ethnos)

Commentary- for Jesus' sake, for the sake of His agape-love towards us, and for one another's sakes we are instructed not to conduct our lives in the world in the same manner as those of the evil world system: lust of the flesh, lust of the eye, and pride of life.

Verse 17

“In the **futility** of their **mind**,”

- **Futility – vanity, emptiness (3153 mataiotes)**
- **Mind – understanding, reason (3563 nous)**

Commentary- apart from the agape-love of God towards us in Christ Jesus existence itself means nothing. Separated from God even being a so-called “god” in a universe all to yourself is worthless.

Herein is the key difference between Jesus Christ and the Devil: for Jesus (even though He always was, is, and always will be God the Word) what mattered most above all was to have His God; for the Devil, being a so-called “god” mattered more than having God.

Jesus Christ valued the agape-love of God His Father (and that of the Spirit of God) above all else.

Verse 18

“Being **darkened** in their **understanding**,”

- **Darkened – dimmed, obscured (4656 skotoo)**
- **Understanding – mind, thought (1271 dianoia)**

Commentary- the agape-love of God in Christ Jesus is the light needed to pierce through all darkness.

God by no means wishes for any of His Own to be unaware of His agape-love towards him or her.

Verse 18

“Excluded from the **life** of God because of the **ignorance** that is in them,”

- Excluded – alienated, estranged (526 apallotrioo)
- Life – (2222 zoe)
- Ignorance – blindness, lack of awareness (52 agnoia)

Commentary- in darkness without Jesus Christ there is no awareness of what true life is.

“Because of the hardness of their **heart;**”

- Hardness – blindness, rigid, unfeeling (4457 porosis)
- Heart – organ that pumps out issues of life (2588 kardia)

Commentary- the soul that has been ravaged by the works of the spiritual kingdom of darkness (which is full of sin, death, and evil) is unfeeling and has no compassion towards others in their sufferings.

Jesus Christ, in His agape-love towards such people with souls in such condition, has the power to completely transform and renew them, changing them into the kind of people God intended for them to be to begin with.

Verse 19

“And they, having become **callous**, have given themselves over to **sensuality** for the **practice** of every kind of **impurity** with **greediness**.”

- Callous – unfeeling, without compassion or empathy (524 apalgeo)
- Sensuality – licentiousness, wantonness (766 aselgeia)
- Practice – work, business, endeavor (2039 ergasia)
- Impurity – uncleanness, filthiness (167 akatharsia)
- Greediness – advantage, covetousness (4124 pleonexia)

Commentary- the Gentiles had degenerated to the point that “wine, women, and song” (and worse pursuits for pleasure in greed) became the goal of their diseased souls, driven by the winds of lust and pride.

Only Jesus Christ can heal the soul and renew the whole person- and He does so willingly and eagerly!

Verse 20

“But you did not **learn** Christ **in this way**,”

- Learn – become educated (3129 manthano)
- In this way – in this manner (3779 houto and houtos)

Commentary- we did not come to know and experience Jesus Christ for ourselves by the means of lust (to insatiable greed) and pride (to ridiculous self-worship).

Jesus, in His agape-love towards us, overthrows lust and pride, purging them out of our lives with His cleansing blood.

Verse 21

“**If indeed** you have **heard** Him and have been **taught** in Him, **just** as the **truth** is in **Jesus**,”

- If – forasmuch as (1487 ei)
- Indeed – at least (1065 ge)
- Heard – listened to (191 akouo)
- Taught – instructed (1321 didasko)
- Just – accordingly (2531a kathos)
- Truth – reality, “the way things are” (225 aletheia)
- Jesus – “YHWH saves” , “YHVH saves” , “the LORD saves” (2424 Iesous)

Commentary- the truth regarding every matter is in Christ Jesus, by His Spirit (the Spirit of God) and in His agape-love towards us He teaches us what we need to know and when we need to know it.

Verse 22

“That, in **reference** to your **former manner of life**, you **lay aside** the **old self**,”

- Reference – according to (2596 kata)
- Former – before (4387 proteros)
- Manner of life – conduct, behavior (391 anastrophe)
- Lay aside – put off (659 apotithemi)
- Old – ancient (3820 palaios)
- Self – human (444 anthropos)

Commentary- in Christ Jesus we are led to break away from our old “selves” in the way we “lived”, influenced by sin and decay.

“Which is being **corrupted** in accordance with the **lusts** of **deceit**,”

- Corrupted – spoiled, decayed, destroyed (5351 phtheiro)
- Lusts – evil desires, evil longings (1939 epithumia)
- Deceit – falsehood (539 apate)

Commentary- our former selves under the influence of sin pursued desires that ruined us. In His agape-love Christ Jesus is always at work to deliver us from such.

Verse 23

“And that you be **renewed** in the **spirit** of your **mind**,”

- Renewed – refreshed, made as brand-new in relation to time (365 ananeo)
- Spirit – wind (4151 pneuma)
- Mind – understanding, reason (3563 nous)

Commentary- the Spirit of God (and of Jesus Christ) in agape-love renews our spirits in the true newness of Jesus, Who makes all things new. This newness clears our thinking, which in turn so affects our souls.

Verse 24

“And put on the **new self**, which in [the likeness of] **God** has been **created** in **righteousness** and **holiness** of the **truth**.”

- New – fresh, novel (2537 kainos)
- Self – human (444 anthropos)
- God – Creator-Owner-Sustainer (2316 theos)
- Created – made, built (2936 ktizo)
- Righteousness – correctness, justness (1343 dikaiosune)
- Holiness – piety (3742 hosiotes)
- Truth – reality, the way things are (225 aletheia)

Commentary- our new, true selves created in God have been made in His agape-love towards us and we should always so abide in His agape-love.

Let the old human die; let the new human live in Jesus!

Verse 25

“Therefore, **laying aside falsehood, SPEAK TRUTH EACH ONE** [of you] **WITH HIS NEIGHBOR**, for we are **members** of one another.”

- Laying aside – putting off (659 apotithemi)
- Falsehood – untruth, lie (5579 pseudos)
- Speak – tell, talk (2980 laleo)
- Truth – reality, the way things are (225 aletheia)
- Neighbor – near one (4139 plesion)
- Members – limbs, body parts (3196 melos)

Commentary- each member within the Body of Christ is near to all the other members in the spiritual. Abiding within the agape-love that Jesus has towards each one there is no reason to lie to or deceive one another.

Verse 26

“BE **ANGRY**, AND [yet] **DO NOT SIN**; do not let the **sun go down** on your **anger**,”

- Angry – enraged, exasperated (3710 orgizo)
- Sin – miss the mark, do wrong (264 hamartano)
- Sun – (2246 helios)
- Go down – to set (1931 epiduo)
- Anger – irritation, wrath, exasperation (3950 parorgismos)

Commentary- whenever we sin in righteous anger is when the sun sets upon our wrath and the true cause of our anger is concealed in darkness; thus, our anger can easily be misinterpreted as having a wicked purpose.

Jesus Christ, in Whom there is no darkness and agape-loves us immeasurably, is very willing and able to bear our righteous anger with us.

Verse 27

“And do not **give** the **devil** an **opportunity**.”

- Give – put (1325 didomi)
- Devil – slanderer, false accuser (1228 diabolos)
- Opportunity – place (5117 topos)

Commentary- the devil has no rightful place anywhere at any time in our lives—including and *especially* in times of righteous anger. Whatever “help” the devil would offer is towards our destruction, not our benefit.

Verse 28

“He who **steals** must steal no longer;”

- **Steals** – takes what belongs to another (2813 klepto)

Commentary- in righteous anger we can be prone to steal from those who have wronged us.

Again: Jesus Christ, in Whom there is no darkness and agape-loves us immeasurably, is very willing and able to bear our righteous anger with us.

“But **rather** he must **labor, performing** with his own **hands** that which is **good**,”

- **Rather** – more than (3123 mallon)
- **Labor** – toil (2872 kopiao)
- **Performing** – working (2038b ergazomai)
- **Hands** – (5495 cheir)
- **Good** – beneficial (18 agathos)

Commentary- more than just no longer stealing, we are urged to work for our benefit and those of ours that are in need.

Verse 28

“So that he will **have** [something] to **share** with one who has **need**.”

- **Have** – hold, possess (2192 echo)
- **Share** – give a part of (3330 metadidomi)
- **Need** – necessity, business (5532 chreia)

Commentary- the reason to practice working with our hands is to be fair to one another and not burdensome; it is done under the influence of the agape-love of God in Christ Jesus towards each one of us!

Verse 29

“Let no **unwholesome word** **proceed** from your mouth,”

- **Unwholesome** – rotten, worthless (4550 sapos)
- **Word** – idea, statement, speech (3056 logos)
- **Proceed** – go forth (1607 ekporeuomai)

Commentary- dirty ideas expressed through dirty speech pollutes the minds of those who hear and think on what is said. The blood of Jesus Christ in the spiritual cleanses and renews the spirits, souls, and minds of all His Own.

The blood of Jesus Christ, shed for us, is full of glorious agape-love towards us and for us.

Verse 29

“But only such [a word] as is **good** for **edification** according to the **need** [of the moment],”

- Good – beneficial (18 agathos)
- Edification – building (3619 oikodome)
- Need – necessity, business (5532 chreia)

Commentary- the words for us to speak are provoked by the Spirit of Christ Jesus- the Spirit of God- within us. Such words in such timely instances are to build up each other in the agape-love of Jesus Christ.

“So that it will give **grace** to those who **hear**.”

- Grace – favor, lovingkindness (5485 charis)
- Hear – listen (191 akouo)

Commentary- the glorious light of the grace of God towards us in Christ Jesus is not only seen; it is heard as well. Our words led by the Spirit of God are intended for healing, renewal, and encouragement in the warmth of God's grace towards us in Christ Jesus.

Verse 30

“Do not **grieve** the Holy Spirit of God, by Whom you were **sealed** for the **day** of **redemption**.”

- Grieve – sadden, distress, vex (3076 lupeo)
- Sealed – stamped as on belonging to (4972 sphragizo)
- Day – time filled with light (2250 hemera)
- Redemption – buying back, ransom (629 apolutrosis)

Commentary- our destructive speech against one another is one sure way to grieve and distress the Spirit of God, Who so agape-loves us!

In the spiritual we are stamped as belonging to Jesus Christ (as well as Jesus belonging to us), and by extension belonging to the Spirit of God as well as God our Father.

Verse 31

“Let **all bitterness** and **wrath** and **anger** and **clamor** and **slander** be **put away** from you, along with all **malice.**”

- All – every (3956 pas)
- Bitterness – harshness, poison (4088 pikria)
- Wrath – passion, rage, violence (2372 thumos)
- Anger – impulse, indignation (3709 orge)
- Clamor – outcry, shouting, screaming (2906 krauge)
- Slander – blasphemy, abusive speech (988 blasphemia)
- Put away – lifted, taken (142 airo)
- Malice – wickedness, viciousness (2549 kakia)

Commentary- all of these that start from within (driven by sin in the flesh) are poisonous. The initial result is a stream of uncontrollable, evil, polluted speech that is ruinous to those that listen.

The Holy Spirit of God is the One Who scrubs away malice within us via the spiritual Blood of Jesus Christ; in His blood is the vinegar that cleanses out all corruption and filth!

Verse 32

“Be **kind** to one another, **tender-hearted**, **forgiving** each other, **just** as God in Christ has forgiven you.”

- Kind – serviceable, good, gentle (5543 chrestos)
- Tender-hearted – compassionate, merciful (2155 eusplagchnos)
- Forgiving – pardoning, favor freely (5483 charizomai)
- Just – according as, in the same manner (2531a kathos)

Commentary- we can be renewed and restored to be compassionate to one another, forgiving one another of sins committed against each other- even to the great extent to which God in Christ Jesus has forgiven us.

The power to do this is in the shed blood of Jesus Christ for each one of us: since Jesus refused to come down from the cross until all our sins have been atoned for and conquered,

We can now have our sins as well as every sin committed against us taken away, separated from us!

Jesus Christ constantly advocates on our behalf today!

Chapter 5

Verse 1

“Therefore be **imitators** of God, as **beloved children**.”

- **Imitators** – mimicker, emulator, follower (3402 mimetes)
- **Beloved** – agape-loved (27 agapetos)
- **Children** – descendants (5043 teknon)

Commentary- we are spiritual descendants of God through Jesus Christ and partakers of His spiritual nature. As such, we emulate God towards one another in His agape-love towards us.

Verse 2

“And **walk** in **love**,”

- **Walk** – journey, conduct one's life (4043 peripateo)
- **Love** – divine love, sacrificial love (26 agape)

Commentary- we are to journey on through life in this world (going into the next, and on and on) in the wondrous agape-love that God has for each one of us!

Verse 2

“Just as **Christ** also **loved** you and **gave** Himself up for us,”

- Christ – the Anointed One, Messiah (5547 Christos)
- Loved – divinely loved, sacrificially loved (25 agapao)
- Gave – handed over, delivered over, betrayed (3860 paradidomi)

Commentary- Jesus Christ so agape-loved us (and still does) that He delivered Himself over to be the only true and acceptable Sacrifice for all our sins.

Jesus refused to come down from the cross until every sin had been atoned for and overcome!

“An **Offering** and a **Sacrifice** to God as a **fragrant aroma**.”

- Offering – sacrificial gift (4376 prosphora)
- Sacrifice – atoning sacrifice (2378 thusia)
- Fragrant – sweet smell (2175 euodia)
- Aroma – odor (3744 osme)

Commentary- the only sacrifice that pleased God the Father and God the Holy Spirit (and pleased them exceedingly) was the true Sacrifice- Jesus Christ (God the Son, God the Word).

Jesus' willing (though hard-decided) sacrifice of Himself was done in flawless obedience to the Father, and was truly that sweet, refreshing aroma purging out the stench of sin.

Verse 3

“But **immorality** or **any impurity** or **greed** must not even be **named among** you, as is **proper** among **saints;**”

- Immorality – sex that degrades, fornication, whoredom (4202 porneia)
- Any – every (3956 pas)
- Impurity – filthiness, uncleanness (167 akatharsia)
- Greed – desire that cannot be satisfied, covetousness (4124 pleonexia)
- Named – mentioned (3687 onomazo)
- Among – with (1722 en)
- Proper – fitting, suitable (4241 prepo)
- Saints – sacred, holy, set apart (40 hagios)

Commentary- it is very proper for filthiness and insatiable desire to have no place among God's saints- not even to be considered a characteristic among them; the blood of Jesus Christ in His agape-love was not shed for them in vain!

Verse 4

“And [there must be no] **filthiness** and **silly talk**, or **coarse jesting**, which are not **fitting**, but **rather giving of thanks**.”

- Filthiness – dirty, unclean, baseness (151 aischrotes)
- Silly talk – foolish speech (3473 morologia)
- Coarse jesting – degrading wit, rough joking (2160 eutrapelia)
- Fitting – appropriate, proper (433 aneko)
- Rather – more (3123 mallon)
- Giving of thanks – gratitude (2169 eucharistia)

Commentary- in Christ Jesus we overcome baseless, degrading humor with the increase of thanksgiving towards God through Him. With our eyes opened to see (from the heart) more of God's agape-love towards us, gratitude that arises in response from within pushes out stupid speech.

Verse 5

“For this you **know** with **certainty**, that no **immoral** or **impure** person or **covetous** man, who is an **idolater**, has an **inheritance** in the **Kingdom** of **Christ** and **God**.”

- Know – see, perceive (3609a oida)
- Certainty – realization, recognition (1097 ginosko)
- Immoral – fornicator, prostitute (4205 pornos)
- Impure – unclean, filthy (169 akathartos)
- Covetous – greedy, insatiable desire for more (4123 pleonektes)
- Idolater – image worshipper (1496 eidololates)
- Inheritance – heritage, share, possession (2817 kleronomia)
- Kingdom – sovereignty, authority (932 basileia)
- Christ – the Anointed One, Messiah (5547 Christos)
- God – Creator-Owner-Sustainer (2316 theos)

Commentary- not one of the types of persons described above has any inherent authority in the Kingdom of Christ and God; such have not been cleansed by the Blood of Christ.

Yet Jesus is very able to draw such near- by His Blood- to save, cleanse, change, and renew into His Kingdom.

The Kingdom of Christ and God is truly His Kingdom of Light, Life, and Agape-love!

Verse 6

“Let no one **deceive** you with **empty words**, for because of these things the **wrath** of God comes upon the **sons of disobedience**.”

- Deceive – lead astray (538 apatao)
- Empty – vain, hollow (2756 kenos)
- Words – speech (3056 logos)
- Wrath – anger, vengeance (3709 orge)
- Sons – descendants, offspring (5207 huioi)
- Disobedience – willful unbelief (543 apeitheia)

Commentary- God's anger comes against those who deliberately try to make Him out as the liar, rejecting Him for themselves, and seeking to replace Him.

In their blindness they do not perceive that God and His agape-love towards us is to be trusted and treasured far above and beyond anyone or anything else.

Verse 7

“Therefore do not be **partakers** with them;”

- **Partakers – joint sharers (4830 summetochos)**

Commentary- it is for our Lord Jesus' sake- and God our Father as well as the Holy Spirit's sake- that we do not take a share in anything that so anger's God.

The reason is simple: our love towards God in Jesus.

The greater reason: God's agape-love towards us!

Verse 8

“For you were **formerly darkness**, but **now** you are **Light** in the **Lord**;”

- **Formerly – once, at one time (4218 pote)**
- **Darkness – (4655 skotos)**
- **Now – presently (3568 nun)**
- **Light – radiance (5457 phos)**
- **Lord – master (2962 kurios)**

Commentary- we who were formerly in our sins were darkness to those around us; today, however, we are light in Christ Jesus.

We live in the Light of His agape-love towards us.

Verse 8

“Walk as children of Light.”

- Walk – conduct one’s life (4043 per pateo)
- Children – offspring, descendants (5043 teknon)
- Light – radiance (5457 phos)

Commentary- in the spiritual and in all truth we are children of God in Christ Jesus. Let us live in the influence of His agape-love towards us, and let that love flow out from us towards one another!

Verse 9

“(For the fruit of the Light [consists] in all goodness and righteousness and truth),”

- Fruit – (2590 karpos)
- Light – radiance (5457 phos)
- Goodness – beneficial to life (19b agathosune)
- Righteousness – justice, fairness (1343 dikaiosune)
- Truth – reality in all its fullness (225 aletheia)

Commentary- the fruit of the Radiance of Christ Jesus in the spiritual (and so affecting the natural) springs forth from His Agape-Love in every kind of goodness, righteousness, and truth!!

Verse 10

“Trying to learn what is pleasing to the Lord.”

- Trying to learn – testing for approval (1381a dokimazo)
- Pleasing – eagerly acceptable (2101 euarestos)

Commentary- in our daily walks, abiding in the agape-love of God in Christ Jesus towards us, let us always be encouraged to test new things that please the Lord- Who so looks after us!

Verse 11

“Do not participate in the unfruitful deeds of darkness, but instead even expose them;”

- Participate – fellowship with, share in (4790 sugkoinoneo)
- Unfruitful – barren, of no benefit (175 akarpos)
- Deeds – works (2041 ergon)
- Darkness – substance of sins (4655 skotos)
- Instead – moreover (3123 mallon)
- Even – also (2532 kai)
- Expose – show as is (1651 elegcho)

Commentary- unfruitful works of sin have no place whatsoever in our lives in Christ Jesus and His agape-love towards us; such should be exposed for what they really are and the harm that they cause.

Verse 12

“For it is **disgraceful** even to **speak** of the things that are done by them in **secret**.”

- Disgraceful – embarrassing, shameful (150 aischros)
- Speak – tell, talk, say (3004 lego)
- Secret – hidden, veiled (2931b kruphe)

Commentary- exposing the deeds of sin for what they are is embarrassing, but necessary.

Verse 13

“But all things **become visible** when they are **exposed** by the **light**, for everything that becomes visible is light.”

- Become visible – made clear, made obvious (5319 phaneroo)
- Exposed – showed as is (1651 elegcho)
- Light – radiance (5457 phos)

Commentary- the Radiance of Jesus Christ clarifies to us everything we encounter for what it truly is, not for what one wishes it to be or appears to be.

In His agape-love towards us Jesus does not allow us to be led astray from Him- certainly not for eternity!

Verse 14

“For this reason it says, ‘**Awake, sleeper, And arise** from the **dead**, and Christ will **shine** on you.’”

- Awake – rise up (1453 egeiro)
- Sleeper – (2518 katheudo)
- Arise – ascend (450 anistemi)
- Dead – lifeless (3498 nekros)
- Shine – radiate upon, light up (2017 epiphausko)

Commentary- one who sleeps (especially in a deep sleep) can appear to be as a corpse. Jesus Christ, in His agape-love towards us, so awakens us from that state in awe, wonder, and warmth that comes from Him.

Verse 15

“Therefore be **careful how** you **walk**, not as **unwise** men but as **wise**,”

- Careful – see, to look at (991 blepo)
- How – in the manner, by what means (4459 pos)
- Walk – conduct your life, behave (4043 peripateo)
- Unwise – foolish, stupid, unskilled (781 asophos)
- Wise – skilled, learned (4680 sophos)

Commentary- let us examine the manner in which we live our lives—but even more so—the manner in which Jesus Christ calls us and leads us to live as we walk in His agape-love towards us!

The Spirit of God and of Jesus Christ, the Holy Spirit, does and will teach us all that we need to know and be skilled in- the Spirit of God SO agape-loves us as well!

Verse 16

“Making the most of your time, because the days are evil.”

- Making the most – ransoming, buying, rescue from loss (1805 exagorazo)
- Time – season (2540 kairos)
- Because – since (3754 hoti)
- Days – sunrise to sunset cycles (2250 hemera)
- Evil – toilsome, bad, life-draining (4190 ponerous)

Commentary- in making the most of our time we send the evil days into retreat. This blesses and helps our Body of Christ both now and going into the future.

Onward in the agape-love of Jesus Christ towards us!!

Verse 17

“So then do not be foolish, but understand what the will of the Lord is.”

- Foolish – stupid, without reason (878 aphron)
- Understand – put together, comprehend, perceive (4920 suniemi)
- Will – wish, intent, preference (2307 thelema)

Commentary- may the Spirit of the Lord (the Spirit of God, the Spirit of Jesus Christ, the Holy Spirit) lead us into the will of God- the direction of Agape-Love.

May God's Spirit teach us from one idea to another.

Verse 18

“And do not get **drunk** with **wine**, for that is **dissipation**, but be **filled** with the **Spirit**,”

- Drunk – intoxicated (3182 methusko)
- Wine – fermented grapes (3631 oinos)
- Dissipation – wastefulness, wantonness (810 asotia)
- Filled – made full, complete (4137 pleroo)
- Spirit – wind, breath (4151 pneuma)

Commentary- too much wine causes anyone to stagger in their walk towards an insatiable lust for more. Being complete, made whole in the agape-love in the Spirit of Christ Jesus does more than just merely satisfy.

Verse 19

“Speaking to one another in **psalms** and **hymns** and **spiritual songs**, **singing** and making **melody** with your **heart** to the Lord;”

- Psalms – musical strings (5568 psalmos)
- Hymns – sacred songs (5215 humnos)
- Spiritual – windy (4152 pneumatikos)
- Songs – odes (5603 ode)
- Singing – chanting (103 ado)
- Melody – sing with strings (5567 psallo)
- Heart – organ that pumps out issues of life, innermost self, soul (2588 kardia)

Commentary- music is to us and for us from God that profound “means of grace” by which we can discover the depths of His agape-love towards us which go beyond mere words!!

Depths of joy, depths of sorrow, depths of concern, depths of certainty, depths of awe, depths of wonder...

The Spirit of God groans on our behalf in prayer FAR beyond what any language can articulate or express.

Verse 20

“Always giving thanks for all things in the Name of our Lord Jesus Christ to God, even the Father;”

- Always – at all times (3842 pantote)
- Giving thanks – expressing gratitude (2168 eucharisteo)
- All – every (3956 pas)
- Name – authority, cause (3686 onoma)
- Lord – Master (2962 kurios)
- Jesus – “Yahwey Saves” (2424 Iesous)
- Christ – the Anointed One, Messiah (5547 Christos)
- God – Creator & Owner of all things (2316 theos)
- Even – also (2532 kai)
- Father – life-giver, life-impartor (3962 pater)

Commentary- depths of thanksgiving... especially from song... from the heart... to God... flowing in His agape-love... towards us!!

Verse 21

“And be **subject** to one another in the **fear** of **Christ**.”

- Subject – place under, obey, subordinate oneself (5293 hupotasso)
- Fear – awe, reverence (5401 phobos)
- Christ – the Anointed One, Messiah (5547 Christos)

Commentary- in the Kingdom of God and of Christ Jesus (to which there is no end) those who possess more authority do more service...

Thus in the agape-love of Christ Jesus we subordinate ourselves in service to one another in the awe, wonder, reverence of Christ Jesus.

Verse 22

“**Wives**, [be subject] to your own **husbands**, as to the **Lord**.”

- Wives – married women (1135 gune)
- Husbands – married men (435 aner)
- Lord – Master (2962 kurios)

Commentary- the wives are directed to be subjected to their husbands in the same manner they would be to the Lord Jesus, due to the agape-love that Jesus has towards the husbands as well as the wives.

Verse 23

“For the **husband** is the **head** of the **wife**, as **Christ** also is the Head of the **church**, He Himself [being] the **Savior** of the **body**.”

- Husband – married man (435 aner)
- Head – (2776 kephale)
- Wife – married woman (1135 gune)
- Christ – the Anointed One, Messiah (5547 Christos)
- Church – assembly, congregation (1577 ekklesia)
- Savior – deliverer, rescuer (4990 soter)
- Body – (4983 soma)

Commentary- the husband is meant to be the head over his wife in the same manner that Jesus Christ is the Head over His congregation, in agape-love for her good and not her harm.

Verse 24

“But as the **church** is **subject** to **Christ**, so the **wives** [ought to be] to their **husbands** in **everything**.”

- Church – assembly, congregation (1577 ekklesia)
- Subject – place under, obey, subordinate oneself (5293 hupotasso)
- Christ – the Anointed One, Messiah (5547 Christos)
- Wives – married women (1135 gune)
- Husbands – married men (435 aner)
- Everything – all (3956 pas)

Commentary- as the congregation, the Body of Christ, is subordinate to Jesus Christ, so let the wives of their own accord be subordinate to their husbands in agape-love—for the good of the wives and not for their destruction.

Verse 25

“Husbands, love your wives, just as Christ also loved the church and gave Himself up for her,”

- Husbands – married men (435 aner)
- Love – highly love, sacrificially love (25 agapao)
- Wives – married women (1135 gune)
- Christ – the Anointed One, Messiah (5547 Christos)
- Loved – divinely loved, sacrificially loved (25 agapao)
- Church – assembly, congregation (1577 ekklesia)
- Gave – handed over (3860 paradidomi)

Commentary- in agape-love husbands are to so love their wives from the heart in the same manner that Jesus Christ so loves His congregation.

Jesus Christ handed Himself over as the Atoning Sacrifice for us.

Verse 26

“So that He [Jesus Christ] might **sanctify** her, having **cleansed** her by the **washing** of **water** with the **word**,”

- Sanctify – make holy, consecrate (37 hagiozo)
- Cleansed – made clean, made pure, removed filth (2511 katharizo)
- Washing – bathing (3067 loutron)
- Water – (5204 hudor)
- Word – a matter spoken (4487 rhema)

Commentary- in His agape-love towards us Jesus Christ thoroughly cleanses us with His blood in the spiritual, yet we have been bathed in His water, His word spoken specific to every matter of our lives.

It was not only blood that came out of the body of Jesus Christ after it was speared, but water and blood.

Verse 27

“That He [Jesus Christ] might **present** to Himself the **church** in all her **glory**, having no **spot** or **wrinkle** or any such thing; but that she would be **holy** and **blameless**.”

- Present – place beside, stand by (3936 paristemi)
- Church – congregation, assembly (1577 ekklesia)
- Glory – honor, splendor (1741 endoxos)
- Spot – stain (4696 spilos)
- Wrinkle – fold (4512 rhtis)
- Holy – sacred (40 hagios)
- Blameless – without blemish (299b amomos)

Commentary- Jesus Christ so seeks to bring us into flawless perfection into His Presence, each one of us being conformed precisely to His image.

In His agape-love towards us Jesus Christ seeks to so honor us!!

Verse 28

“**So husbands** ought also to **love** their own **wives** as their own **bodies**. He who **loves** his own wife **loves** himself;”

- So – in this way, thus (3779 houto and houtos)
- Husbands – married men (435 aner)
- Love – highly love, sacrificially love, wish well to, long for (25 agapao)
- Wives – married women (1135 gune)
- Bodies – physical body (4983 soma)
- Loves – highly love, sacrificially love, wish well to, long for (25 agapao)

Commentary- in the same manner that Jesus Christ so actively agape-loves His congregation of peoples, the husbands are directed to agape-love their own wives as their own bodies.

Husbands agape-love themselves in this way.

Jesus Christ so agape-loves us all!

Verse 29

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

- Hated – detested, loathed, abhorred (3404 miseo)
- Flesh – physical and natural covering of the human bones (4561 sarx)
- Nourishes – brings to maturity (1625 ektrepho)
- Cherishes – warms (2282 thalpo)
- Just – according, in the same manner (2531a kathos)
- Christ – the Anointed One, Messiah (5547 Christos)
- Church – assembly, congregation (1577 ekklesia)

Commentary- in His agape-love towards us, Jesus Christ so matures and warms us in His Holy Spirit.

Verse 30

“**Because** we are **members** of His [Jesus Christ's] **body**.”

- Because – on account of (3754 hoti)
- Members – limbs, organs (3196 melos)
- Body – mystical body (4983 soma)

Commentary- we are mystical, spiritual members of Jesus Christ and are eternally joined to Him in agape-love!

Verse 31

“FOR THIS REASON A MAN SHALL LEAVE HIS FATHER AND MOTHER AND SHALL BE JOINED TO HIS WIFE, AND THE TWO SHALL BECOME ONE FLESH.”

- Reason – substitute (473 anti)
- Man – human male (444 anthropos)
- Leave – desert, abandon (2641 kataleipo)
- Father – life-giver, life-imparter (3962 pater)
- Mother – life-bearer (3384 meter)
- Joined – glued to, cleaved to, united (4347 proskollao)
- Wife – human female (1135 gune)
- Become – exist (1510 eimi)
- One – single (1520 heis)
- Flesh – physical and natural covering of the human bones (4561 sarx)

Commentary- Jesus Christ in agape-love towards us and for us left God His Father Yahwey and the Holy Spirit, being separated from them in His death, united us with Him in His death, and raised us up with Him from His death into life eternal by Holy Spirit, and re-united with God His Father and the Holy Spirit in Holy Communion.

Jesus Christ was and is our Substitute for every sin!

We are one spirit with Jesus Christ in His eternal life!

Eternal life as revealed by Jesus Christ: that we *know* His Father- the only True God, and Jesus Christ Whom He sent!

Verse 32

“This **mystery** is **great**; but I am **speaking** with **reference** to **Christ** and the **church**.”

- **Mystery** – secret doctrine (3466 musterion)
- **Great** – massive (3173 megas)
- **Speaking** – saying, mentioning (3004 lego)
- **Reference** – into, towards (1519 eis)
- **Christ** – the Anointed One, Messiah (5547 Christos)
- **Church** – assembly, congregation (1577 ekklesia)

Commentary- **AGAPE-LOVE UNITED!!** Agape-Love unites! See previous page.

Verse 33

“Nevertheless, each individual among you also is to **love** his own **wife** even as himself, and the wife must [see to it] that she **respects** her **husband**.”

- Love – highly love, sacrificially love, long for (25 agapao)
- Wife – married woman (1135 gune)
- Respects – reveres, venerates, admires (5399 phobeo)
- Husband – married man (435 aner)

Commentary- in the power of the Holy Spirit of God and of Jesus Christ, within the Body of Christ each husband is to agape-love his wife and the wife is to look up to her husband.

Note that the instruction does NOT say for the husband to force his wife to respect him, NOR does it say for the wife to force her husband to agape-love her.

The agape-love that Jesus Christ has towards both the husband and wife so seeks the love between them and the honor between them.

Chapter 6

Verse 1

“Children, obey your parents in the Lord [Jesus Christ], for this is right.”

- Children – youths, young humans (5043 teknon)
- Obey – listen to, attend to (5219 hupakouo)
- Parents – moms and dads (1118 goneus)
- Lord – Master (2962 kurios)
- Right – correct, innocent, proper (1342 dikaios)

Commentary- in the Body of Christ children are directed to listen and attend to their parents in the Lord.

The Lord so agape-loves their children!

Verse 2

“HONOR YOUR FATHER AND MOTHER (which is the first commandment with a promise),”

- Honor – fix the value, price, esteem (5091 timao)
- Father – life-giver, life-imparter (3962 pater)
- Mother – life-bearer (3384 meter)
- First – chief in rank (4413 protos)
- Commandment – injunction, order (1785 entole)
- Promise – summons, guarantee (1860 epaggelia)

Commentary- the chief commandment that has a promise for the child is to honor his / her father & mother in the Lord. Honor then goes from the parents towards God in agape-love.

Verse 3

“SO THAT IT MAY BE **WELL** WITH YOU, AND THAT YOU MAY **LIVE LONG** ON THE **EARTH**.”

- Well – good, not ill (2095 eu)
- Live long – be alive for a long duration (3118 makrochronios)
- Earth – land (1093 ge)

Commentary- God's intention for a child to honor his / her father & mother in the Lord is for a blessed life on the land for a long time.

The best way for an adult to honor his / her parents is to live a godly life in Christ Jesus, thriving in Jesus' agape-love towards him / her!

Verse 4

“Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord [Jesus Christ].”

- Fathers – life-givers, life-imparters (3962 pater)
- Provoke – exasperate (3949 parorgizo)
- Children – youths, young humans (5043 teknon)
- Bring – nourish, bring to maturity (1625 ektrepho)
- Discipline – training (3809 paideia)
- Instruction – admonition (3559 nouthesia)
- Lord – Master (2962 kurios)

Commentary- fathers in particular are told not to provoke their children to anger so that they would not be discouraged from the Lord Jesus Christ.

With the agape-love Jesus Christ has towards the children, the fathers are directed to train and admonish them towards Jesus Christ.

God our Father Himself never provokes His Own children to anger; He agape-loves them.

Verse 5

“Slaves, be obedient to those who are your masters according to the flesh, with fear and trembling, in the sincerity of your heart, as to Christ;”

- Slaves – one who is owned but cannot own property (1401 doulos)
- Obedient – listen to, attend to (5219 hupakouo)
- Masters – lords (2962 kurios)
- Flesh – physical and natural covering of the human bones (4561 sarx)
- Fear – dread, terror, panic flight (5401 phobos)
- Trembling – quaking (5156 tromos)
- Sincerity – singleness, simplicity (572 haplotes)
- Heart – organ that pumps out issues of life, innermost self, soul (2588 kardia)
- Christ – the Anointed One, Messiah (5547 Christos)

Commentary- within the Body of Christ the slaves who are owned by their human masters are to listen and attend to them with dread of going against them.

The slaves are to serve their masters as though they were serving Jesus Christ Himself, the only One so trustworthy to be Master over us all because of the agape-love He has towards each one of us!

Verse 6

“Not by way of **eyeservice**, as **men-pleasers**, but as **slaves** of **Christ**, doing the **will** of **God** from the **heart**.”

- Eyeservice – serving only when watched (3787 ophthalmodoulia)
- Men-pleasers – those who desire to make men happy (441 anthropareskos)
- Slaves – those who are owned but cannot own property (1401 doulos)
- Christ – the Anointed One, Messiah (5547 Christos)
- Will – wish, desire (2307 thelema)
- God – Creator-Owner-Sustainer (2316 theos)
- Heart – organ that pumps out issues of life, innermost self, soul (2588 kardia)

Commentary- Jesus Christ is the only One trustworthy to be a slave to; in His agape-love towards us He serves us far more than we ever could serve Him in return. In service towards Jesus from the heart it becomes irrelevant whether it is done seen by the public or unseen in private.

Verse 7

“With **good will render service**, as to the **Lord [Jesus Christ]**, and not to **men.**”

- Good Will – goodwill, kindness, benevolence (2133 eunoia)
- Render service – be a slave, to help (1398 douleuo)
- Lord – master (2962 kurios)
- Men – adult human males (444 anthropos)

Commentary- whatever service we do (vocation, ministry, charity, etc.) towards others, let it be as done to the Lord Jesus, Who so agape-loves both us and those others.

Verse 8

“**Knowing** that whatever **good** thing **each** one **does**, this he will **receive back** from the **Lord**, whether **slave** or **free**.”

- Knowing – seeing, perceiving (3609a oida)
- Good – beneficial, helpful (18 agathos)
- Each – every (1538 hekastos)
- Does – makes, performs, accomplishes (4160 poieo)
- Receive back – get, bear, carry (2865 komizo)
- Lord – master (2962 kurios)
- Slave – one who is owned but cannot own property (1401 doulos)
- Free – not under restraint or obligation (1658 eleutheros)

Commentary- Jesus Christ our Lord is pleased and eager to reward each one of us for the good that we accomplish in His Kingdom and in the Body of Christ!

His agape-love towards each one of us knows no bounds!

Verse 9

“And **masters**, do the same things to them [slaves], and give up **threatening, knowing** that both their **Master [Jesus Christ]** and yours is in **Heaven**, and there is no **partiality** with Him.”

- Masters – lords (2962 kurios)
- Threatening – being a menace (547 apeile)
- Knowing – seeing, perceiving (3609a oida)
- Master – Lord (2962 kurios)
- Heaven – God’s dwelling place (3772 ouranos)
- Partiality – favoritism, respect of persons (4382 prosopolempsia)

Commentary- within the Body of Christ not one member is favored more than another; each and every one is highly valued by Christ Jesus and so agape-loved by Him equally!

Masters (slave-owners) are not to threaten their slaves with harm—just as Jesus does not want even the one furthest from Him to be threatened by Him!

Masters may own their slaves, but in Christ Jesus the slaves also own their masters!

God our Creator and True Owner of all things not only owns us, but we own God!

(“He is OUR God!”)

Verse 10

“Finally, be strong in the Lord [Jesus Christ] and in the strength of His might.”

- Finally – the remaining (3062 loipos)
- Strong – empowered (1743 endunamoo)
- Lord – Master (2962 kurios)
- Strength – might, exertion (2904 kratos)
- Might – strength, force (2479 ischus)

Commentary- we are to be strong and stand strong in the unlimited power of Jesus Christ and His agape-love towards us—in His Holy Spirit, Who indwells us!!

Verse 11

“Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil.”

- Put – clothe (1746a enduo)
- Full armor – complete protection & weaponry (3833 panoplia)
- God – Creator-Owner-Sustainer (2316 theos)
- Able – empowered (1410 dunamai)
- Stand firm – stay upright, unmoved (2476 histemi)
- Against – towards (4314 pros)
- Schemes – crafts, deceptions, devices, methods (3180 methodeia)
- Devil – false accuser, slanderer (1228 diabolos)

Commentary- Jesus Christ Himself is our full armor of God.

Armor of God = Armor of Light = Armor of Agape-Love

The agape-love Jesus has towards each one of us flawlessly protects us from the wicked one; the Devil is unable to pierce through—but instead, the Devil is driven into retreat, having been long ago defeated by Jesus Christ at His crucifixion.

We are to be empowered and deeply rooted in Jesus Christ and in His agape-love towards us at all times!!

Our empowering is within the Holy Spirit of Jesus Christ.

Verse 12

“For our **struggle** is not **against** flesh and blood, but against the **rulers**, against the **powers**, against the **world forces** of this **darkness**, against the **spiritual** [forces] of **wickedness** in the **heavenly** [places].”

- Struggle – wrestling, fight, conflict (3823 pale)
- Against – towards (4314 pros)
- Rulers – originators, starters (746 arche)
- Powers – authorities (1849 exousia)
- World forces – originators of the evil world system (2888 kosmokrator)
- Darkness – substance of sins (4655 skotos)
- Spiritual – windy, realm of the spirit (4152 pneumatikos)
- Wickedness – iniquity, obscene injustice (4189 poneria)
- Heavenly – celestial (2032 epouranios)

Commentary- we are to be so armed with and in Christ Jesus (surrounded by His agape-love towards us) because our conflict moving forwards is directed towards: the originators and sustainers of this evil world sin-system of lust and pride, the evil authorities of that sin-system, the enforcers of that sin-system, and the evil spirits that push gross injustice in the celestial, heavenly realms. By the Holy Spirit we speak out the words given to us to direct against them, sending them ever into retreat.

Verse 13

“Therefore, take up the **full armor** of **God**, so that you will be **able** to **resist** in the **evil day**, and having **done everything**, to **stand firm**.”

- Full armor – complete protection & weaponry (3833 panoplia)
- God – Creator-Owner-Sustainer (2316 theos)
- Able – empowered (1410 dunamai)
- Resist – withstand, set against (436 anthistemi)
- Evil – toilsome, bad (4190 poneros)
- Day – period from sunrise to sunset (2250 hemera)
- Done – worked out, achieved (2716 katergazomai)
- Everything – all, entire, the whole (537a hapas)
- Stand firm – stay upright, unmoved (2476 histemi)

Commentary- Jesus Christ Himself is our complete protection and weaponry in the spiritual against the evil one during the bad days (as well as during the good days).

Jesus Christ always “has our back” because He so agape-loves us.

This is according to the wishes and will of God His Father (and our Father), Who so agape-loves us.

In agape-love the Spirit of God, the Holy Spirit, zealously watches over us to keep us standing firm.

In Christ Jesus we oppose the evil one in the spiritual and keep that wicked one in perpetual retreat.

Verse 14

“Stand firm therefore, **HAVING GIRDED YOUR LOINS WITH TRUTH**, and **HAVING PUT ON THE BREASTPLATE OF RIGHTEOUSNESS,**”

- Stand firm – stay upright, unmoved (2476 histemi)
- Girded – bounded all around (4024 perizonnumi)
- Loins – hip area (3751 osphus)
- Truth – authentic reality (225 aletheia)
- Put – clothe (1746a enduo)
- Breastplate – armored vest (2382 thorax)
- Righteousness – justice (1343 dikaiosune)

Commentary- the truth and reality of all things is in Christ Jesus, to wrap around our hips.

The armored vest of justice is in Christ Jesus, to so protect our midsection, the heart and lungs (the innermost self and the breathing).

Jesus Christ is our armored clothing in the spiritual.

The wicked one cannot penetrate our armored clothing, because the agape-love of this clothing is strong.

We are not suffocated by our armored clothing, because the agape-love of this clothing is gentle.

Verse 15

“And having **shod** YOUR **FEET** WITH THE **PREPARATION** OF THE **GOSPEL** OF **PEACE**;”

- Shod – bound under (5265 hupodeo)
- Feet – the only parts of the body that touch the ground while standing (4228 pous)
- Preparation – readiness (2091 hetoimasia)
- Gospel – good news (2098 euggelion)
- Peace – quietness, rest, tranquility (1515 eirene)

Commentary- the peace of Christ Jesus and in Christ Jesus surpasses all understanding.

In Christ Jesus we can be made to stand firm in His quietness, rest, tranquility; His agape-love towards us keep us from slipping.

Verse 16

“In addition to all, **taking** up the **shield** of **faith** with which you will be **able** to **extinguish** all the **flaming arrows** of the **evil** [one].”

- Taking – raising (353 analambano)
- Shield – mini-wall (2375 thureos)
- Faith – persuasion, confidence (4102 pistis)
- Able – empowered (1410 dunamai)
- Extinguish – quench (4570 sbennumi)
- Flaming – burning (4448 puroo)
- Arrows – missiles (956b belos)
- Evil – toilsome, bad (4190 ponerous)

Commentary- every burning missile of accusation and enticement from the wicked one is overwhelmingly quenched by the Spirit of Jesus Christ, the Holy Spirit of God.

(note that some of the worst lies and accusations from the wicked one are spoken against God directly.)

Jesus Christ in His agape-love towards us is more than merely a shield against the wicked one; He is our impenetrable “mini-wall” of faith. It is Jesus’ faith towards God the so works within us to keep us persuaded to trust in God through Jesus at all times!

Verse 17

“And **take** THE **HELMET OF SALVATION**, and the **sword** of the **Spirit**, which is the **word** of **God**.”

- Take – receive with welcome (1209 dechomai)
- Helmet – hardhat to protect the head (4030 perikephalaia)
- Salvation – expectation of God saving (4992 soterion)
- Sword – dagger, slaughter-knife (3162 machaira)
- Spirit – wind, breath (4151 pneuma)
- Word – a matter spoken (4487 rhema)
- God – Creator-Owner-Sustainer (2316 theos)

Commentary- Jesus Christ Himself is our Salvation; in His agape-love towards us He protects our minds, and thus it is right to expect Jesus to always renew and restore us.

Jesus Christ is the True Word (Logos) of God from eternity to eternity. By His Spirit He gives us the precise words to speak against every wicked matter from the evil one, and so continue to drive the evil one into retreat. These precise words separate the true from the lie.

(note that some of the worst lies and accusations from the wicked one are spoken against God directly in an attempt to undermine our trust in God through Jesus Christ.)

Verse 18

“With **all prayer** and **petition pray** at all **times** in the **Spirit**, and with this in **view**, be on the **alert** with all **perseverance** and **petition** for all the **saints**,”

- All – every (3956 pas)
- Prayer – expressed wishes (4335 proseuche)
- Petition – expressed need, entreaty (1162 deesis)
- Pray – to wish (4336 proseuchomai)
- Times – seasons (2540 kairos)
- Spirit – wind, breath (4151 pneuma)
- View – point to reach (1519 eis)
- Alert – wakeful, aware (69 agrupneo)
- Perseverance – steadfastness, endurance (4343 proskarteresis)
- Petition – expressed need, entreaty (1162 deesis)
- Saints – sacred, holy, special, set apart (40 hagios)

Commentary- in the Holy Spirit we express our authentic wishes and plead for the needs of our fellow saints as we become alerted to their circumstances.

In agape-love the Holy Spirit so moves us and helps us in prayer with “groanings that go beyond words.”

Verse 19

“And [pray] on my [Paul’s] **behalf**, that **utterance** may be **given** to me in the **opening** of my **mouth**, to make **known** with **boldness** the **mystery** of the **gospel**,”

- **Behalf** – concern, sake (5228 huper)
- **Utterance** – concise speech, word, message, statement (3056 logos)
- **Given** – placed, put (1325 didomi)
- **Opening** – (457 anoixis)
- **Mouth** – (4750 stoma)
- **Known** – discovered (1107 gnorizo)
- **Boldness** – confidence, freedom of speech (3954 parresia)
- **Mystery** – secret doctrine (3466 musterion)
- **Gospel** – good news (2098 euaggelion)

Commentary- the secret doctrines from the Good News of Jesus Christ are very profound, and when pondered upon brings us to awe and wonder!

The Apostle Paul requested precise words to be given him by the Holy Spirit, as Paul opened his mouth to speak on the revelations—revelations that spring forth from the Good News of Jesus Christ.

Verse 20

“For which [the gospel of God, of Jesus Christ] I am an **ambassador** in **chains**; that in [proclaiming] it I may **speak boldly**, as I **ought** to **speak**.”

- Ambassador – elder, precedent one (4243 presbeuo)
- Chains – bonds (254 halusis)
- Speak boldly – say freely (3955 parresiazomai)
- Ought – is necessary (1163 dei)
- Speak – say, talk (2980 laleo)

Commentary- Paul was a prisoner of and chained to Jesus Christ, regardless of where he was imprisoned. By the Holy Spirit Paul was emboldened (empowered) to tell the truth of Jesus Christ, the Good News.

In agape-love towards Paul the Holy Spirit took him to the depths of Jesus Christ, and in agape-love towards the hearers the Holy Spirit moved upon Paul to announce Jesus.

Verse 21

“But that you also may **know** about my [Paul’s] circumstances, how I am **doing**, **Tychicus**, the **beloved brother** and **faithful minister** in the **Lord [Jesus]**, will make **everything known** to you.”

- Know – see, perceive (3609a oida)
- Doing – practicing, in a condition (4238 prasso)
- Tychicus – “fortuitous” (5190 Tuchikos)
- Beloved – divinely agape-loved, sacrificially loved (27 agapetos)
- Brother – male born of the same mother’s womb (80 adelphos)
- Faithful – reliable, trustworthy (4103 pistos)
- Minister – servant (1249 diakonos)
- Lord – Master (2962 kurios)
- Everything – all (3956 pas)
- Known – discovered (1107 gnorizo)

Commentary- Paul desired the believers in Christ Jesus to know about his present well-being, in the agape-love of God in Christ Jesus that Paul, Tychicus, and the believers in Ephesus all shared in.

Verse 22

“I have **sent** him to you for this very purpose, so that you may **know** about us, and that he may **comfort** your **hearts**.”

- Sent – directed to go (3992 pempo)
- Know – recognize, perceive (1097 ginosko)
- Comfort – encourage (3870 parakaleo)
- Hearts – organ that pumps out issues of life, innermost self, soul (2588 kardia)

Commentary- Paul took the initiative to send Tychicus to the believers in Ephesus, to comfort and reassure them in Christ Jesus.

Verse 23

“Peace be to the brethren, and love with faith, from God the Father and the Lord Jesus Christ.”

- Peace – quietness, rest, tranquility (1515 eirene)
- Brethren – males born of the same mother’s womb (80 adelphos)
- Love – divine love, sacrificial love (26 agape)
- Faith – persuasion to trust (4102 pistis)
- God – Creator & Owner of all things (2316 theos)
- Father – life-giver, life-impartor (3962 pater)
- Lord – Master (2962 kurios)
- Jesus – “Yahweh Saves”, “Yahweh is Salvation”, “the LORD Saves”, “the LORD is Salvation” (2424 Iesous)
- Christ – Anointed One, Messiah (5547 Christos)

Commentary- God, the Father of Jesus Christ and also our Father through Jesus—along with Jesus Christ Himself, sends unto us:

- Quietness, tranquility, rest.
- His glorious agape-love towards us.
- The indestructible persuasion that He is trustworthy—above and beyond all else.

God’s Holy Spirit—Who is the Spirit of God, the Spirit of the LORD, the Spirit of Jesus Christ—causes all these to flow from within us.

Verse 24

“**Grace** be with all those who **love** our Lord Jesus Christ with **incorruptible** [love].”

- Grace – kindness, favor (5485 charis)
- Love – highly love, sacrificially love, long for (25 agapao)
- Incorruptible – indestructible, cannot decay (861 aphtharsia)

Commentary- the awesome, glorious Agape-Love that God has towards each and every single one of us in Christ Jesus cannot be destroyed; it is eternal!

God's Agape-Love towards us is the root of His strong favor—His grace—towards us.

As the Spirit of God, the Spirit of God's Agape-Love, so works within us, we grow in spirit to direct agape-love towards Jesus Christ.

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COMMENTARY CONCLUSION:

The great and awesome Agape-Love that God has for us in Jesus Christ... let that become our specific focus in our journey throughout our lives in this present world (and beyond) towards Him!