

以弗所書

THE EPISTLE OF PAUL THE APOSTLE TO THE
EPHESIANS.

CHAPTER I.

PAUL, an apostle of Jesus Christ by the will of God, to the saints which are at Ephesus, and to the faithful in Christ Jesus:

2 Grace be to you, and peace, from God our Father, and from the Lord Jesus Christ.

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

4 According as he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love:

5 Having predestinated us unto the adoption of children by Jesus Christ to himself, according to the good pleasure of his will,

6 To the praise of the glory of his grace, wherein he hath made us accepted in the beloved:

7 In whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace;

8 Wherein he hath abounded toward us in all wisdom and prudence;

9 Having made known unto us the mystery of his will, according to his good pleasure which he hath purposed in himself:

10 That in the dispensation of the fulness of times he might gather together in one all things in Christ, both which are in heaven, and which are on earth; even in him:

第一章

遵神旨意、作耶穌基督使徒的保羅、寫書信給在以弗所的聖徒、和凡信基督耶穌的人、願我父神、和主耶穌基督、賜你們恩惠平安。應當讚美我主耶穌基督的父神、因為他藉著基督、賜給我們各樣關切靈魂的福氣在天上。就如神在創世以前、因基督揀選我們、叫我們在他面前、成為聖潔、無可指摘。又按著自己的美意、施仁愛、豫定我們、因著耶穌基督、作他的義子。如此、使人稱頌神。因他愛子所賞給我們的榮恩、也照著他豐盛的恩典、使我們因他愛子流血、得蒙救贖、得免罪過。這恩典是神用各樣的聰明智慧、充充足足賞給我們的。或作神又充充足足的施這恩典給我們、賞我們各樣的智慧聰明。又叫我們知道他旨意的奧妙、照著他所定的美意、在日期滿足的時候、將天上地下的萬物、一並歸於基督。

11 In whom also we have obtained an inheritance, being predestinated according to the purpose of him who worketh all things after the counsel of his own will:

12 That we should be to the praise of his glory, who first trusted in Christ.

13 In whom ye also *trusted*, after that ye heard the word of truth, the gospel of your salvation: in whom also, after that ye believed, ye were sealed with that Holy Spirit of promise,

14 Which is the earnest of our inheritance until the redemption of the purchased possession, unto the praise of his glory.

15 Wherefore I also, after I heard of your faith in the Lord Jesus, and love unto all the saints,

16 Cease not to give thanks for you, making mention of you in my prayers;

17 That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him:

18 The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints,

19 And what is the exceeding greatness of his power to us-ward who believe, according to the working of his mighty power,

20 Which he wrought in Christ, when he raised him from the dead, and set *him* at his own right hand in the heavenly *places*,

21 Far above all principality, and power, and might, and dominion, and every name that is named, not only in this world, but also in that which is to come:

22 And hath put all *things* under his feet, and gave him *to be* the head over all *things* to the church,

23 Which is his body, the fulness of him that filleth all in all.

那任憑己意行作萬事的主、又照著自己的旨意、豫定我們、因著基督承受基業、叫我們這首先因基督指望得救的人、讚美他的榮耀。你們既聽見真理、就是能救你們的福音、也信了基督、既信之後、就受了所應許的聖靈、作為印證。這聖靈是我們基業的憑據、叫我們能取贖基業、就稱頌主的榮耀。所以我聽見你們信從主耶穌、親愛衆聖徒、就為你們不住口的感謝神、禱告的時候、常記念你們、求我主耶穌基督的榮耀。神榮耀的父、賞給你們增長智慧、默示奧妙的聖靈、叫你們曉得主光照你們心中的眼目、叫你們明白蒙他恩召、有何等指望、他賞給聖徒的榮耀的基業、何等豐盛。又在我們這信的人身上所顯的能力、何等浩大。就如他在基督身上所顯的大能大力、使基督從死復活、叫他在天上坐在自己的右邊、超乎一切、作首領的、掌權的、有威勢的、主治的、和今世來世凡有名望的之上、又將萬物服在他足下、使他在萬物之上、作教會的元首。教會是他的身體、為充滿萬物的主所充滿了。或作他充滿了萬物、是因教會纔得充滿的。

CHAPTER II.

AND you hath he quickened, who were dead in trespasses and sins;

2 Wherein in time past ye walked according to the course of this world, according to the prince of the power of the air, the spirit that now worketh in the children of disobedience:

3 Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind; and were by nature the children of wrath, even as others.

4 But God, who is rich in mercy, for his great love wherewith he loved us,

5 Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;)

6 And hath raised us up together, and made us sit together in heavenly places in Christ Jesus:

7 That in the ages to come he might shew the exceeding riches of his grace, in his kindness toward us, through Christ Jesus.

8 For by grace are ye saved through faith; and that not of yourselves: it is the gift of God:

9 Not of works, lest any man should boast.

10 For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.

11 Wherefore remember, that ye being in time past Gentiles in the flesh, who are called Uncircumcision by that which is called the Circumcision in the flesh made by hands;

12 That at that time ye were without Christ, being aliens from the commonwealth of Israel, and strangers from the covenants of promise, having no hope, and without God in the world:

第二章
 當初你們在罪惡之中、如同死人一般。凡事隨從今世的風俗、順服空中掌權的、就是現在誘惑那背逆神的人的邪魔。我們從前也都在其中、放縱肉體的情欲、隨著身心的意見而行、本為神所怒、和別人一樣。然而神的慈悲、甚是豐盛、他疼愛我們、已到極處。我們正在罪孽裏、如同死人一般、他使我們與基督一同復活、我們乃是賴恩得救的。主又因基督耶穌、叫我們與他一同復活、一同坐在天上。要將他因基督耶穌向我們所發的仁慈、和極豐極盛的恩典、顯明給後來世世代代都曉得。你們得救、是本乎恩、也因著信、這不是由自己、乃是神所賜的。也不是靠著功勞、這樣纔免得有人自誇。我們為神所造、是因著基督耶穌被造的、叫我們能行他所豫定我們應當行的善事。所以你們應當記念、你們從前按著本身是異邦人、那身上受過人手所行的割禮的人、譏刺你們是未曾受過割禮的。那時你們沒有基督、是以色列國以外的人、與盟約所應許的好處無有關涉。無有指望、活在世間、以為沒有神、或作不知有神。

13 But now, in Christ Jesus, ye who sometime were far off are made nigh by the blood of Christ.

14 For he is our peace, who hath made both one, and hath broken down the middle wall of partition *between us*;

15 Having abolished in his flesh the enmity, *even* the law of commandments *contained* in ordinances; for to make in himself of twain one new man, so making peace;

16 And that he might reconcile both unto God in one body by the cross, having slain the enmity thereby:

17 And came and preached peace to you which were afar off, and to them that were nigh.

18 For through him we both have access by one Spirit unto the Father.

19 Now therefore ye are no more strangers and foreigners, but fellow citizens with the saints, and of the household of God;

20 And are built upon the foundation of the apostles and prophets, Jesus Christ himself being the chief corner *stone*;

21 In whom all the building fitly framed together groweth unto a holy temple in the Lord:

22 In whom ye also are builded together for a habitation of God through the Spirit.

CHAPTER III.

FOR this cause I Paul, the prisoner of Jesus Christ for you Gentiles,

2 If ye have heard of the dispensation of the grace of God which is given me to you-ward:

3 How that by revelation he made known unto me the mystery; (as I wrote afore in few words;

因此我爲基督耶穌並爲你們異邦人被囚的保羅、給你們祈禱。你們已經聽見 神爲你們的緣故、施恩賜我職分。用默示開導我、曉得福音的奧妙、我也曾寫信畧畧說過。

第三章

你們從前遠離 神、現在靠著基督耶穌、因他流血的功勞、已得親近了他。他叫我們和好、將兩下合而爲一、拆毀了中間隔斷的牆垣。又因身體受死、除掉講儀文的律例、就將冤仇解釋、叫兩下和好。在他身上成爲一個新人。並因他的十字架、使兩家聯爲一體、與 神復和、將冤仇都滅在他身上。並且來傳和平的福音、給你們在遠處的、又傳給近處的人。叫我們兩下被一個聖靈所感、靠他得以親近天父。如此、你們不再作外人、不再作客旅、是和聖徒一國、神一家的了。你們被建立、是使徒先知作基址、耶穌基督作房角的磐石、全房靠他聯絡、漸漸成爲主的聖殿。你們也靠他同被建造、成爲 神藉著聖靈居住的所在。

4 Whereby, when ye read, ye may understand my knowledge in the mystery of Christ,)

5 Which in other ages was not made known unto the sons of men, as it is now revealed unto his holy apostles and prophets by the Spirit;

6 That the Gentiles should be fellow heirs, and of the same body, and partakers of his promise in Christ by the gospel:

7 Whereof I was made a minister, according to the gift of the grace of God given unto me by the effectual working of his power.

8 Unto me, who am less than the least of all saints, is this grace given, that I should preach among the Gentiles the unsearchable riches of Christ;

9 And to make all men see what is the fellowship of the mystery, which from the beginning of the world hath been hid in God, who created all things by Jesus Christ:

10 To the intent that now unto the principalities and powers in heavenly places might be known by the church the manifold wisdom of God,

11 According to the eternal purpose which he purposed in Christ Jesus our Lord:

12 In whom we have boldness and access with confidence by the faith of him.

13 Wherefore I desire that ye faint not at my tribulations for you, which is your glory.

14 For this cause I bow my knees unto the Father of our Lord Jesus Christ,

15 Of whom the whole family in heaven and earth is named,

16 That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man;

你們看了，就能曉得我深知基督的奧妙。這奧妙在以前的世代，沒有顯示給人，現在用聖靈明明指示他的聖使徒和先知。這奧妙就是要叫異邦人同得基業，聯為一體，靠福音同得因基督所應許的福。我蒙神的恩賜，被他大能感動，作了這福音的執事。我在聖徒之中，雖是最卑微的，他還賜我這恩，把基督不可測量的豐富的福音，傳給異邦人。叫衆人都明白歷世以來所隱藏的奧妙，就是隱藏在用耶穌基督創造萬物的。神心裏的奧妙，以致天上作首領的、掌權柄的，因著教會，得知神諸般的智慧。這是照著神在創世以前，因著我主基督耶穌所定的旨意。我們信耶穌，就可靠他坦然無疑的來到天父面前。我所以勸你們不要因我為你們所受的患難就膽怯。這原是你們的榮耀。因此我在我主耶穌基督的父面前，屈膝祈求，天上地下全家都是從他得名。我求他按著他豐美的榮耀，賞賜聖靈，叫你們心裏的力量增長。

17 That Christ may dwell in your hearts by faith ; that ye, being rooted and grounded in love,

18 May be able to comprehend with all saints what is the breadth, and length, and depth, and height ;

19 And to know the love of Christ, which passeth knowledge, that ye might be filled with all the fulness of God.

20 Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us,

21 Unto him be glory in the church by Christ Jesus throughout all ages, world without end. Amen.

CHAPTER IV.

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

2 With all lowliness and meekness, with longsuffering, forbearing one another in love ;

3 Endeavouring to keep the unity of the Spirit in the bond of peace.

4 *There is one body, and one Spirit, even as ye are called in one hope of your calling ;*

5 One Lord, one faith, one baptism,

6 One God and Father of all, who is above all, and through all, and in you all.

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

8 Wherefore he saith, When he ascended up on high, he led captivity captive, and gave gifts unto men.

9 (Now that he ascended, what is it but that he also descended first into the lower parts of the earth ?

使基督因信住在你們心裏，叫你們的愛心根深址固，能和衆聖徒一同曉得這奧妙，何等的長闊高深，並且知道基督不可測度的慈愛，使你們得蒙神滿足的恩德，充滿你們的心。神施展感動我們的大能，爲我們能成就一切超過我們所求所想的事。但願他因基督耶穌，在教會中得榮耀，世世永無窮盡。阿們。

第四章

我爲主被囚的勸你們，既然蒙召，行爲就當與蒙召的恩相稱。凡事謙遜、溫柔、忍耐，存愛心互相寬恕，用和平彼此聯絡，務要竭力保守聖靈所賜合而爲一的心。身體只有一個，聖靈只有一個，正如你們蒙召，同有一個指望。一主、一信，或作一道一洗禮。一神，就是衆人的父，超乎萬有之上，貫乎萬有之中，也在你們衆人之內。我們各人都照著基督所賜的分量蒙恩。如經上說，他升上高天，擒拿了仇敵，把各樣的恩賜賞給世人。既說升上，豈不是先降在地底下麼。或作豈不是先降在下土麼。

10 He that descended is the same also that ascended up far above all heavens, that he might fill all things)

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

12 For the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ :

13 Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ :

14 That we *henceforth* be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, *and* cunning craftiness, whereby they lie in wait to deceive ;

15 But speaking the truth in love, may grow up into him in all things, which is the head, *even* Christ :

16 From whom the whole body fitly joined together and compacted by that which every joint supplieth, according to the effectual working in the measure of every part, maketh increase of the body unto the edifying of itself in love.

17 This I say therefore, and testify in the Lord, that ye *henceforth* walk not as other Gentiles walk, in the vanity of their mind,

18 Having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart :

19 Who being past feeling have given themselves over unto lasciviousness, to work all uncleanness with greediness.

20 But ye have not so learned Christ ;

21 If so be that ye have heard him, and have been taught by him, as the truth is in Jesus :

耶穌的話、按著他的真理、受了他的教、

神所賜的生命無有關係

良心既已喪盡、就放縱私欲、行種種的污穢、無有底止。你們學基督、卻不是這樣。因為你們已經聽了耶

警戒你們、不要再存虛妄的心作事、像別的異邦人。他們心地昏昧、自己無知、性質愚頑、便遠離了

神生命的道理。或作與

學習為元首的基督。全體都靠他聯絡堅固、百節各按各用處、互相輔助、便叫身體漸漸增長、因愛建立德行。所以我靠著主

使我們不再作嬰孩、中了人的詭計、和欺騙的法術、就隨著各樣異端、如被風波搖蕩。應當用愛心順從真理、日漸長進、凡事

為要造就聖徒、司理教事、建立基督的身體。直等到我們一樣的信服、認識 神的兒子、成為完全人、得有基督充滿的分量。

降下的、與那升上、比天還高、要充滿萬物的、原只一位。他所設立的、或作他所賜的、有使徒、有先知、有傳福音的、有牧師和教師、

22 That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts;

23 And be renewed in the spirit of your mind;

24 And that ye put on the new man, which after God is created in righteousness and true holiness.

25 Wherefore putting away lying, speak every man truth with his neighbour: for we are members one of another.

26 Be ye angry, and sin not: let not the sun go down upon your wrath:

27 Neither give place to the devil.

28 Let him that stole steal no more: but rather let him labour, working with his hands the thing which is good, that he may have to give to him that needeth.

29 Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.

30 And grieve not the Holy Spirit of God, whereby ye are sealed unto the day of redemption.

31 Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:

32 And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

CHAPTER V.

BE ye therefore followers of God, as dear children;

2 And walk in love, as Christ also hath loved us, and hath given himself for us an offering and a sacrifice to God for a sweetsmelling savour.

3 But fornication, and all uncleanness, or covetousness, let it not be once named among you, as becometh saints;

馨香的祭祀。凡姦淫並一切污穢貪婪的事，在你們中間，連題都不可，方合聖徒的體統。

你們既是神所疼愛的兒女，就應該效法他。行事應當彼此相愛，正如基督疼愛我們，為我們捨己，將身體獻與神，作為

第五章

暴怒、爭鬧、毀謗、並一切兇惡，都當從你們中間剪除。應當互相慈愛憐恤，彼此饒恕，正如神為基督饒恕你們一般。

輔助德行的善言，叫聽見的人都有益處。你們受了神聖靈的印證，等候你們得贖的日子，就不要叫聖靈擔憂。狠毒、怨恨、給魔鬼稍留地步。從前偷竊的，不可再偷，應當親手勞苦，作正經事，就可有餘，賙濟窮人。非禮的言語，一句不可出口，只要說義、聖潔、真實俱備。應該棄絕謊言，彼此都說實話，因為我們是一個身上的肢體。動氣就當謹防犯罪，不可含怒到日落。不可脫卻舊日的惡態，棄絕從前誘惑你們的邪欲，將你們的志氣改換一新。都應當有新人的樣式，這新人是照著神造的，仁

4 Neither filthiness, nor foolish talking, nor jesting, which are not convenient: but rather giving of thanks.

5 For this ye know, that no whoremonger, nor unclean person, nor covetous man, who is an idolater, hath any inheritance in the kingdom of Christ and of God.

6 Let no man deceive you with vain words: for because of these things cometh the wrath of God upon the children of disobedience.

7 Be not ye therefore partakers with them.

8 For ye were sometime darkness, but now *are ye* light in the Lord: walk as children of light;

9 (For the fruit of the Spirit is in all goodness and righteousness and truth;)

10 Proving what is acceptable unto the Lord.

11 And have no fellowship with the unfruitful works of darkness, but rather reprove *them*.

12 For it is a shame even to speak of those things which are done of them in secret.

13 But all things that are reprov'd are made manifest by the light: for whatsoever doth make manifest is light.

14 Wherefore he saith, Awake thou that sleepest, and arise from the dead, and Christ shall give thee light.

15 See then that ye walk circumspectly, not as fools, but as wise,

16 Redeeming the time, because the days are evil.

17 Wherefore be ye not unwise, but understanding what the will of the Lord is.

18 And be not drunk with wine, wherein is excess; but be filled with the Spirit;

淫詞、妄語、和輕佻的話、都是不相宜的、莫如稱謝主恩、因為你們知道凡淫亂、污穢貪財的人、在基督和神的國裏、都是無
 分的、貪財就與拜偶像一樣、不要被人妄言欺騙、神的震怒、必因這樣的事、臨到背逆的人、不要和他們一樣、從前你們是
 暗昧的、如今靠主得為光明人、就當如光明人行事、聖靈所結的果子、就是一切的良善、公義、誠實、應當察驗、神所喜歡的
 事、一切暗昧無益的事、不但不可與人同行、並當責備行這事的人、他們暗中所行的、就是說起來、也算可恥的、凡受責備的
 事、都是被光顯露出來、因為顯露的、就是被光所照的、所以說、睡著的人、應該起來、如同死而復活、基督就必光照你了、你們
 行事、應當謹慎、如同明白人、不要像愚昧人、因為現今的時世邪惡、須要愛惜光陰、原文作須要買同光陰、故此、不要作無知的人、
 應當明白主的旨意、不要醉酒、無有節制、或作不要醉酒、酒叫人沒有節制、是要心裏充滿聖靈。

19 Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord;

20 Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ;

21 Submitting yourselves one to another in the fear of God.

22 Wives, submit yourselves unto your own husbands, as unto the Lord.

23 For the husband is the head of the wife, even as Christ is the head of the church: and he is the Saviour of the body.

24 Therefore as the church is subject unto Christ, so let the wives be to their own husbands in every thing.

25 Husbands, love your wives, even as Christ also loved the church, and gave himself for it;

26 That he might sanctify and cleanse it with the washing of water by the word,

27 That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish.

28 So ought men to love their wives as their own bodies. He that loveth his wife loveth himself.

29 For no man ever yet hated his own flesh; but nourisheth and cherisheth it, even as the Lord the church:

30 For we are members of his body, of his flesh, and of his bones.

31 For this cause shall a man leave his father and mother, and shall be joined unto his wife, and they two shall be one flesh.

32 This is a great mystery: but I speak concerning Christ and the church.

33 Nevertheless, let every one of you in particular so love his wife even as himself; and the wife see that she reverence *her* husband.

常用詩章、頌言、和感聖靈而作的歌詞、彼此對語心裏稱頌讚美主。凡事應當奉我主耶穌基督的名、常常感謝父神。也當存敬畏神的心、彼此順服。你們作婦人的、當服丈夫、如同服主。因為丈夫是婦人的頭、正如基督是教會的頭、又是教會全體的救主。教會順服基督、婦人也要如此事事順服丈夫。你們作丈夫的、也當疼愛妻子、正如基督疼愛教會、曾為教會捨命。使教會因著道理、和洗禮的水、可以成為聖潔。叫他站在自己面前、作個榮耀的教會、毫無點污縐紋等類的病、全然聖潔、無可責備。丈夫應當疼愛妻子、如同疼愛己身、疼愛妻子、便是疼愛自己了。從來沒有人厭惡自己的身子、總是保養他、如主保養教會一般。我們是他身上的肢體、就是他的骨、他的肉。所以說、人要離開父母、好合妻子、二人成為一體。這是極大的奧妙。我是指著基督並教會說的。你們各人都應當疼愛妻子、如同自己。婦人也當恭敬丈夫。

CHAPTER VI.

CHILDREN, obey your parents in the Lord: for this is right.

2 Honour thy father and mother; which is the first commandment with promise;

3 That it may be well with thee, and thou mayest live long on the earth.

4 And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord.

5 Servants, be obedient to them that are your masters according to the flesh, with fear and trembling, in singleness of your heart, as unto Christ;

6 Not with eyeservice, as men-pleasers; but as the servants of Christ, doing the will of God from the heart;

7 With good will doing service, as to the Lord, and not to men:

8 Knowing that whatsoever good thing any man doeth, the same shall he receive of the Lord, whether he be bond or free.

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

10 Finally, my brethren, be strong in the Lord, and in the power of his might.

11 Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.

12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

13 Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.

第六章

你們作兒女的，務要因主順從父母，這是理所當然的。孝敬父母，這是第一條帶應許的誠命，說：「叫你得福，在世長壽。」你們作父親的，不要惹兒女的氣，要照著主的道理和警戒，教養他們。你們作僕人的，應當用誠實的心，戰戰兢兢，順服那轄管你們身體的主人，如同順服基督一般。不要像討人喜歡的人，只在眼前事奉，要像基督的僕人，誠心遵行神的旨意，甘心事奉，不像伺候人，直如服事主。因為曉得各人所行的善事，不論是為奴的，是自主的，都必得主的賞賜。你們作主人的，待僕人，也是一理，不要恐嚇他們，因為知道你們也有主在天上。又作：你們和他們同有一主在天上，是不看情面的弟兄們，我還有未盡的話，你們應當信主，靠主的大能，作有力量的人。穿上神所賜的全身鎧甲，就能抵擋魔鬼的奸計。因為我們不是和有血氣的人爭鬪，是和那作首領的、有權勢的、管轄這幽暗世界的，以及空中的邪魔爭鬪，所以須用神所賜的全身鎧甲，遇見磨難的日子，就能抵擋仇敵，並且成就了一切的事，能設立住。

14 Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;

15 And your feet shod with the preparation of the gospel of peace;

16 Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.

17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God:

18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;

19 And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel,

20 For which I am an ambassador in bonds; that therein I may speak boldly, as I ought to speak.

21 But that ye also may know my affairs, and how I do, Tychicus, a beloved brother and faithful minister in the Lord, shall make known to you all things:

22 Whom I have sent unto you for the same purpose, that ye might know our affairs, and that he might comfort your hearts.

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

24 Grace be with all them that love our Lord Jesus Christ in sincerity. Amen.

用誠實當作帶子繫腰、用仁義當作護心鏡遮胸、用平安的福音當作豫備行走的鞵、穿在脚上、此外又用信德當作籐牌拿在手中、能滅盡惡鬼的火箭、把拯救的恩當作頭盔戴上、手裏也拿聖靈的寶劍、就是神的道理、這樣就應當立住、又被聖靈感動、常常多方禱告祈求、並且爲此做醒不倦、爲衆聖徒、並爲我求主、賜我應說的話語、能設開口、放膽宣講福音的奧妙、我爲傳福音作使者、落在縲絏之中、仍叫我照著分所當然的、放膽宣講、有所親愛的弟兄、推基古、是忠心事主的、他必把關切我的事、並我的景況如何、全告訴你們、我爲此特意差他去、叫你們知道我的事、又安慰你們的心、願我父神和主耶穌基督、賜給衆弟兄平安、仁愛、信心、又願所有誠心愛敬我主耶穌基督的、都蒙恩寵。阿們。