

THE BOOK OF EPHESIANS

The foundation of all of this is based on faith. A believing and knowing faith that God Is, and that His Word is without error, and is complete. I believe that His Word is supremely instructional, prophetic and causative by its nature, and creative in all it says, and that His Word is meant for my ultimate good.

By it I can find forgives of my sins – the errors of my ways – both of thought and actions in life. I find the salvation of my soul and spirit, and I will inherit the Kingdom of God and to exists eternally in the presence of God and all the children of God.

So, with this in mind, let's study the Book of Ephesians – The Word of God.



Author: Michael J. Young, Sr., Pastor, teacher, evangelist

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Introduction to Ephesians

Theme

Paul summarizes his gospel of salvation by grace through faith alone and describes the nature and role of the church in God's eternal plan.

Overview

This book answers the question men and women have asked throughout all time: Why am I here? The answer has to do with eternity, making peace with God and understanding the believer's new identity in Christ. Paul wrote this letter to believers in Ephesus (a city in modern-day Turkey) to encourage them to think of themselves in a whole new way. He wanted them to think of themselves not as people who had once been involved in idol worship, illicit sex, and foolish philosophies, but as people in Christ—people with a radically new identity. The book offers practical ways to live in unity with God and others.

Grouping

Epistles

Author

The apostle Paul.

Timeline

About AD 60.

Genre

Didactic

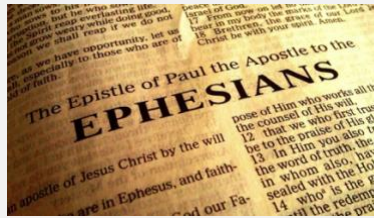
Original Language

Greek

Audience

Believers in the church at Ephesus and probably other Christians in western Asia Minor.

THE BOOK OF EPHESIANS, Chapter 1



The Blessings of Redemption

Please let me say ahead of time that I know that I cannot and do not “hold a candle” in light of the brilliant Bible scholars and teaching pastors who can, with great wisdom, understanding and articulation, write exacting commentaries. Commentaries that encompass faithful exegesis, historical and cultural context, canonical and cultural integration, clarity and structure, engagement with original languages, awareness of interpretive views, theological soundness, application, humility and restraint, and devotional depth.

Nonetheless, my commentary on various scriptures, some have said, is a gift. A gift and an ability to simply explain and apply scriptures and their meaning so they become practical for daily use. Simple but powerful and powerfully effective.

There are both minor major doctrinal differences found in most of the major protestant and evangelical denominations which becomes evident,

first in doctrinal statements, then within the Body of Christ. Differences that have led to disagreements, divisions, church splits, hostilities and schisms – all of which is discouraged in scriptures for the “Bible believing, Bible adhering” Church.

Therefore, my efforts are to ask “What do the scriptures – verse, chapter, and book of both the Old and the New Testaments say?”, “What do they mean?”, “What do they mean to me?”, and “How can and should I respond?”.

The foundation of all of this is based on faith. A believing and knowing faith that God Is, and that His Word is without error, and is complete. I believe that His Word is supremely instructional, prophetic and causative by its nature, and creative in all it says, and that His Word is meant for my ultimate good.

By it I can find forgiveness of my sins – the errors of my ways – both of thought and actions in life. I find the salvation of my soul and spirit, and I will inherit the Kingdom of God and to exist eternally in the presence of God and all the children of God.

So, with this in mind, let’s study the Book of Ephesians – The Word of God.

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

Verse **3**. Blessed *be* the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly *places* in Christ, verse **4**, just as He chose us in Him before the foundation of the world, that we would be holy and blameless before Him. In love, verse **5**, He predestined us to adoption as sons *and daughters* through Jesus Christ to Himself, according to the good pleasure of His will, verse **6**, to the praise of the glory of His grace, with which He favored us in the Beloved. Verse **7**. In Him we have redemption through His blood, the forgiveness of our wrongdoings, according to the riches of His grace, verse **8**, which He lavished on us. In all wisdom and insight,

(Commentary Break): *The Apostle Paul begins by expressing his position in Christ, which by inference is to be our position as believers and the grace and peace that brings to all who believe.*

Next, Paul reminds and instructs that God has chosen His elect before the foundation of the world – predestined you as a believer, as holy and blameless ‘according to the good pleasure of His will.

The two major differences in how these words as viewed in Evangelicalism and Protestant Christianity were expressed by John Calvin (1509-1564), and Jacob Arminian (1560-1609). At

the risk of oversimplifying, Calvinism and Arminianism aren't just two labels—they're two different ways of explaining how God's sovereignty and human responsibility work together in salvation.

Important Clarifications

- *Both sides affirm:*
 - *The authority of Scripture*
 - *Salvation by grace*
 - *The necessity of faith in Christ*
- *The debate is really about **how grace and faith interact**, not whether they matter.*
- *There are also **variations within each camp**:*
 - *“4-point Calvinists,” “Provisionists,” “Wesleyan Arminians,” etc. So it's not just two rigid boxes.*

A Simple Comparison

<i>Issue</i>	<i>Calvinism</i>	<i>Arminianism</i>
<i>Who initiates salvation?</i>	<i>God alone</i>	<i>God initiates, humans respond</i>
<i>Free will</i>	<i>Bound by sin</i>	<i>Enabled by grace</i>
<i>Election</i>	<i>Unconditional</i>	<i>Conditional (based on foreknowledge)</i>
<i>Atonement</i>	<i>Limited to elect</i>	<i>Universal provision</i>

<i>Issue</i>	<i>Calvinism</i>	<i>Arminianism</i>
<i>Grace</i>	<i>Irresistible</i>	<i>Resistible</i>
<i>Security</i>	<i>Cannot lose salvation</i>	<i>Can fall away (in many views)</i>

Bottom Line

- *Calvinism emphasizes God's sovereignty in salvation*
- *Arminianism emphasizes human responsibility in responding to grace*

(Most Christians land somewhere along that spectrum, even if they don't use the labels.)

However, and in either case, we have been lavished with redemption and forgiveness of our sins. And we are called to be unified as the Body of Christ. (Later we will study, in Ephesians 4:3, which urges believers to "make every effort to preserve the unity of the Spirit through the bond of peace.") (End Commentary Break).

verse **9**, He made known to us the mystery of His will, according to His good pleasure which He set forth in Him, verse **10**, regarding *His* plan of

the fullness of the times, to bring all things together in Christ, things in the heavens and things on the earth.

(Commentary Break): *And just what is the ‘mystery of His Will’?*
Let’s step back to [Daniel chapters 10 through 12](#).

*Reading in Daniel 10:1, In the third year of Cyrus king of Persia, a message was revealed to Daniel, who was named Belteshazzar; and the message was true and it concerned great conflict, but he understood **the message and had an understanding of the vision**. Daniel 12:1, “Now at that time Michael, the great prince who stands guard over the sons of your people, will arise. And there will be a time of distress such as never occurred since there was a nation until that time; and at that time your people, everyone who is found written in the book, will be rescued. And many of those who sleep in the dust of the ground will awake, these to everlasting life, but the others to disgrace and everlasting contempt. And, those who have insight will shine like the glow of the expanse of heaven, and those who lead the many to righteousness, like the stars forever and ever. But as for you, **Daniel, keep these words secret and seal up the book until the end of time; many will roam about, and knowledge will increase.**”*

*Daniel 12:8, **But as for me, I heard but did not understand; so I said, “My lord, what will be the outcome of these events?” And he***

said, “Go your way, Daniel, for these words will be kept secret and sealed up until the end time.

These prophetic words and verses are repeated by and announced by Jesus in Matthew chapter 24 and Revelation chapters six, seven and eight and beyond.

*This mystery is revealed by the coming and by the birth of Jesus. That event marked **those words having been kept secret and sealed up until the end time.** Jesus birth marks the beginning of the Last Days, the End of Time and the initiation of the breaking of the Seals of the Birth Pains of the tribulation – which is to be followed by the Sixth Seal and the Great Tribulation, the Great and Terrible Day of the Lord and the Wrath of the Lamb. (Please see [“Did Jesus and the Apostles Really Say These are the End of Days?”](#) and [“When are the final Seven Years”](#).)*

This is describing the breaking of the Birth Pain tribulation seals, and the rapture. (End Commentary Break).

Verse 11. In Him we also have obtained an inheritance, having been predestined according to the purpose of Him who works all things in accordance with the plan of His will, **verse 12,** to the end that we who were the first to hope in the Christ would be to the praise of His glory.

(Commentary Break): *“Having been predestined according to the purpose of Him Who works all things in accordance with the plan of His will”*. (End Commentary Break).

Verse **13**. In Him, you also, after listening to the message of truth, the gospel of your salvation—having also believed, you were sealed in Him with the Holy Spirit of the promise, verse **14**, Who is a first installment of our inheritance, in regard to the redemption of *God’s own* possession, to the praise of His glory.

(Commentary Break): *The Holy Spirit is God’s guarantee that He will fully redeem His people in the future, completing their salvation—so that His glory is eternally praised.*

Just for our information: *This is one of those passages where theological systems don’t disagree on the words, but on what those words guarantee.*

We’re working from Ephesians 1:13–14, especially:

- *“Sealed with the Holy Spirit”,*
- *“The guarantee (pledge) of our inheritance”,*
- *“Until the redemption of God’s own possession”.*

1. Calvinism interpretation

Core idea:

The guarantee is absolute and cannot fail.

How they read the passage:

1. The “seal” = irreversible ownership

- *God marks believers as His permanently,*
- *The sealing is an act of God alone, not dependent on human continuation.*

2. The “guarantee” (Greek: arrabōn) = binding down payment

- *Like a legal contract that must be completed,*
- *If God gives the Spirit, He is obligated (by His own nature) to finish salvation.*

3. “Until redemption” = certainty of perseverance

- *All who are truly saved will reach final glorification*
- *This supports the doctrine often called:*
 - *“Perseverance of the saints”.*

Supporting cross-texts they emphasize:

- *John 10:28 — no one can snatch them out of His hand..*
- *Romans 8:30 — those justified will be glorified*

Bottom line (Calvinism):

*The Spirit guarantees that every true believer will **certainly** reach final redemption. Falling away proves someone was never truly saved.*

2. Arminianism interpretation

Core idea:

The guarantee is real—but conditionally applied to those who continue in faith.

How they read the passage:

1. The “seal” = relational, not coercive

- *God truly marks believers as His,*
- *But the relationship can be abandoned through unbelief.*

2. The “guarantee” = genuine provision, not unconditional inevitability

- *God fully intends to complete salvation,*
- *But He does not override human free will.*

3. “Until redemption” = God’s intention, not forced outcome

- *The Spirit leads believers toward final redemption.*
- *But believers can:*
 - *Resist,*
 - *Grieve,*
 - *ultimately reject,*

Supporting cross-texts they emphasize:

- *Hebrews 6:4–6 — warning about falling away.*
- *2 Peter 2:20–22 — returning to corruption.*

Bottom line (Arminianism):

*The Spirit is a true guarantee—but only for those who **continue in faith**. Apostasy is possible.*

3. Provisionism interpretation

(This view is similar to Arminianism in outcome but differs in emphasis.)

Core idea:

The guarantee is fully sufficient, but not irresistibly applied.

How they read the passage:

1. The “seal” = covenantal identification

- *Believers are genuinely placed “in Christ”.*
- *The Spirit marks them as belonging to God.*

2. The “guarantee” = God’s faithfulness, not human inevitability

- *God will absolutely keep His promise.*
- *But the promise applies to those who remain “in Christ”.*

3. “Until redemption” = corporate and conditional

- *The inheritance belongs to the people of God as a whole.*
- *Individuals participate by continuing in faith.*

Key distinction from Arminianism:

- *Stronger emphasis on:*
 - *human responsibility,*
 - *resistible grace,*
 - *corporate identity “in Christ”.*

Bottom line (Provisionism):

*The Spirit guarantees that **all who remain in Christ** will be redeemed—but individuals can forfeit that position through unbelief.*

Key Differences at a Glance:

<i>Phrase</i>	<i>Calvinism</i>	<i>Arminianism</i>	<i>Provisionism</i>
<i>Seal</i>	<i>Permanent, unconditional</i>	<i>Real but resistible</i>	<i>Covenantal, relational</i>
<i>Guarantee</i>	<i>Cannot fail</i>	<i>Conditional on faith</i>	<i>Certain in Christ, not forced</i>
<i>Redemption</i>	<i>Guaranteed for all true believers</i>	<i>Guaranteed if one continues</i>	<i>Guaranteed for those remaining in Christ</i>
<i>Apostasy</i>	<i>Not possible (if truly saved)</i>	<i>Possible</i>	<i>Possible</i>

The Real Point of Tension

Everything turns on one question:

*Does “guarantee” mean **inevitable outcome**, or **assured provision that must be received and retained by faith**?*

- ***Calvinism: inevitable outcome.***

Arminianism: assured provision, conditionally experienced.

(Additionally, people cannot respond to God unless God first enables them).

- *Humanity is deeply fallen and **unable** to believe on its own,*
- *God gives **prevenient grace** (enabling grace to all),*
- *This grace restores the ability to respond—but can still be resisted.*

Provisionism: assured provision, conditionally experienced.

(Additionally, People are able to respond to God through revelation itself.

- *Humanity is fallen, but not morally incapable of responding,*
- *The gospel itself is sufficient to enable a response,*
- *No separate “prevenient grace” is required).*

A final observation:

*They **differ** on whether the Spirit’s presence guarantees arrival regardless of human response.*

*All three views **agree** on something crucial:*

- *The inheritance is real,*
- *The Spirit is truly given,*
- *Final redemption is the goal,*

(End Commentary Break).

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, verse **16**, do not cease giving thanks for you, while making mention *of you* in my prayers; verse **17**, that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and of revelation in the knowledge of Him.

Verse **18**, *I pray that* the eyes of your heart may be enlightened, so that you will know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, verse **19**, and what is the boundless greatness of His power toward us who believe. *These are* in accordance with the working of the strength of His might, verse **20**, which He brought about in Christ, when He raised Him from the dead and seated Him at His right hand in the heavenly *places*, 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.

(Commentary Break): Paul prays that we

1. know the hope of His calling and the riches of the glory of this inheritance, and

2. the boundless greatness (Megethos – great, without limit) of His power (Dunimas – (dynamite), unmatched miraculous power) toward us who believe.

Please note: This ‘Hope and the Greatness of His Power’ toward us who believe, are in accordance with the working of the strength of His might – which He brought about in Christ **when He raised Him from the dead** and seated Him at the right Hand of God the Father in the heavenly places. Also know that we are seated with Christ in the heavenlies! (see [Ephesians 2:6](#)). And the implications of being seated with Christ include:

- Spiritual Authority: Believers are granted authority through their connection with Christ.
- Access to Blessings: This position allows believers to access spiritual blessings and grace.
-
- Eternal Perspective: It encourages believers to live with a heavenly perspective, influencing their actions and decisions on earth.

Biblical Foundation

The idea of being seated with Christ is rooted in several key biblical passages:

Verse	Key Message
Ephesians 2:6	God raised us up with Christ and seated us in heavenly realms.
Colossians 3:1	Believers are raised with Christ and should seek things above.
Romans 8:30	Those predestined by God are also glorified with Christ.

This spiritual seating is not merely symbolic; it reflects your identity as a believer and position in relation to Christ, affirming your place in God's eternal plan. (End Commentary Break).

Verse **22**. And He put all things in subjection under His feet, and made Him head over all things to the church, verse **23**, which is His body, the fullness of Him who fills all in all. (End Ephesians chapter 1).

These final verses are among the most spiritually profound in all the Bible. Dwell on them and make them part of your experience with Christ.

THE BOOK OF EPHESIANS, Chapter 2



Made Alive in Christ

Paul is speaking to the early Church at Ephesus, made up of both Jews and Gentiles. This chapter could be considered a primer of sorts, explaining the fundamentals of the shift from the Old Covenant of the Law to the New Covenant in Christ, and what it means to the believer. (This is practical as our guide in thought, speech and conduct, and should be a lexicon for all followers of Jesus).

Made Alive in Christ

Ephesians 2:1, And you were dead in your offenses and sins, verse **2**, in which you previously walked according to the course of this world, according to the prince of the power of the air, of the spirit that is now working in the sons of disobedience.

(Commentary Break): *This marks a monumental shift in paradigm for both the Jew and the Gentile then and now. Paul correctly identifies the 'course of this world' being in accord with the 'prince of the power of the air', which identifies Satan as the "ruler" or "prince" of the power of the*

air. (In Jewish and early Christian thought, 'the air' was considered the realm of demonic spirits. Satan is depicted as having authority over this domain, influencing the world and its systems ([John 12:31](#), [2 Corinthians 4:4](#)). This highlights the spiritual warfare that believers are engaged in, as they are called to resist the devil and his schemes ([Ephesians 6:12](#)) – see [BibleHub.com](#)). The sons of disobedience are the unbelievers – the unregenerate who willfully engage in the deeds of the flesh which are sexual immorality, impurity, indecent behavior, idolatry, witchcraft, hostilities, strife, jealousy, outbursts of anger, selfish ambition, dissensions, factions, envy, drunkenness, carousing, and things like these (see [Galatians 5:18-21](#)).

Please note, that some who call yourself 'Christian', having claimed and confessed the name of Jesus for salvation, still participate in these desperate and despicable acts. Some ignorantly, some helplessly. The first step to freedom is confession. This may sound like a horrifying admission of guilt, but it is the act that disarms and begins to neutralize this weapon of the enemy. Confess first to God. Then confess to a qualified confidant, someone you can trust to walk with you, such as your pastor. Then, as God leads, confess your sins to one another, and pray for one another that you may be healed – for the prayer of a righteous man or woman, when it is brought about, will accomplish much and has great power in its workings. (This should be done with

great care, but having done so, God will remove your awful burden of guilt and shame.) (End Commentary Break).

Verse **3**. Among them we too all previously lived in the lusts of our flesh, indulging the desires of the flesh and of the mind, and were by nature children of wrath, just as the rest. Verse **4**. But God, being rich in mercy, because of His great love with which He loved us, verse **5**, even when we were dead in our wrongdoings, made us alive together with Christ (by grace you have been saved), verse **6**, and raised us up with Him, and seated us with Him in the heavenly *places* in Christ Jesus, verse **7**, so that in the ages to come He might show the boundless riches of His grace in kindness toward us in Christ Jesus. Verse **8**. For by grace you have been saved through faith; and this *is* not of yourselves, *it is* the gift of God; verse **9**, not a result of works, so that no one may boast. Verse **10**. For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.

(Commentary Break): *Now the very Good News: For all who repent, confess Jesus as Lord and believe in your heart that God has raised Him from the dead, you will be saved (sozo: made safe, made well, made whole; rescued from the penalty and power of sin and from destruction and Messianic judgment. God will remove the guilt and shame.) But it does not end here. God, being rich in mercy, has not only made you alive with Christ, but you have been raised up with Him, seated in the*

heavenly places in Christ. (As we read in chapter one, the implications of being seated with Christ include:

Spiritual Authority: Believers are granted authority through their connection with Christ.

Access to Blessings: This position allows believers to access spiritual blessings and grace.

Eternal Perspective: It encourages believers to live with a heavenly perspective, influencing their actions and decisions on earth.)

Give thanks and praise to God and now let's 'walk this out' in our life today. (End Commentary Break).

Verse **11**. Therefore remember that previously you, the Gentiles in the flesh, who are called “Uncircumcision” by the so-called “Circumcision” *which is performed in the flesh by human hands—* verse **12**, *remember that you were at that time separate from Christ, excluded from the people of Israel, and strangers to the covenants of the promise, having no hope and without God in the world. Verse 13. But now in Christ Jesus you who previously were far away have been brought near by the blood of Christ. Verse 14. For He Himself is our peace, who made both groups into one and broke down the barrier of the dividing wall, verse 15, by abolishing in His flesh the hostility, which is the Law composed of commandments expressed*

in ordinances, so that in Himself He might make the two one new person, *in this way* establishing peace; verse **16**, and that He might reconcile them both in one body to God through the cross, by it having put to death the hostility. Verse **17**. And He came and preached peace to you who were far away, and peace to those who were near; verse **18**, for through Him we both have our access in one Spirit to the Father.

(Commentary Break): Paul is explaining and describing what just a short time ago was considered impossible. The Gentile world being drawn and offered reconciliation with God along with the Jew, united as the household of God. (End Commentary Break).

Verse **19**. So then you are no longer strangers and foreigners, but you are fellow citizens with the saints, and are of God's household, verse **20**, having been built on the foundation of the apostles and prophets, Christ Jesus Himself being the cornerstone, verse **21**, in whom the whole building, being fitted together, is growing into a holy temple in the Lord, verse **22**, in whom you also are being built together into a dwelling of God **in the Spirit**. (End Chapter 2).

The imagery given in these final verses is glorious – the Holy Temple of the Lord raised up. A dwelling of God in the Spirit. The Apostle Peter also said, “you also, like living stones, are being built into a spiritual house to

be a holy priesthood, offering spiritual sacrifices acceptable to God through Jesus Christ.

It is time to put our past life away – to do away with the childish things and to crave the pure milk of the word so we may grow in respect to our salvation.

THE BOOK OF EPHESIANS, Chapter 3



Paul's Stewardship.

The book of God, through the book of Genesis tells us that we have been made in the image of God. God is three persons in One God. We have been made, likewise, body (soma), soul (psyche - mind, will, emotions) and spirit (pneuma). This is important because Paul is speaking about how God by His grace has empowered us to live by the power of His Spirit, rooted in love as He accomplishes more than we could humanly imagine through our mortal bodies, souls and spirit.

Ephesians chapter three centers on the “mystery” of God’s plan: that through Jesus Christ, Gentiles and Jews are now united together as one people of God. The chapter also reveals Paul’s calling, the wisdom of God displayed through the Church, and closes with one of the most profound prayers in the New Testament.

Paul's Stewardship

Ephesians 3:1, For this reason I, Paul, the prisoner of Christ Jesus for the sake of you Gentiles— verse **2**, if indeed you have heard of the administration of God’s grace which was given to me for you; verse **3**, that by revelation there was made known to me the mystery, as I wrote before briefly. Verse **4**. By referring to this, when you read you can understand my insight into the mystery of Christ, verse **5**, which in other generations was not made known to mankind, as it has now been revealed to His holy apostles and prophets in the Spirit; verse **6**, *to be specific*, that the Gentiles are fellow heirs and fellow members of the body, and fellow partakers of the promise in Christ Jesus through the gospel, verse **7**, of which I was made a minister, according to the gift of God’s grace which was given to me according to the working of His power.

(Commentary Break): Paul’s words are dramatic and powerful as he describes his calling, mission and God’s promise: “a prisoner of Christ Jesus”, “the mystery of Christ”, “the working of His power”. This is a continuation of his explanation of the seismic shift from the Old Covenant of the Law to the New Covenant in Christ, and what it means to the believer: “to be specific, that the Gentiles are fellow heirs and fellow members of the body, and fellow partakers of the promise in Christ Jesus through the gospel”. The

implications are nothing less than staggering when understood and applied to your life. (End Commentary Break).

Verse **8**. To me, the very least of all saints, this grace was given, to preach to the Gentiles the unfathomable riches of Christ, verse **9**, and to enlighten all people as to what the plan of the mystery is which for ages has been hidden in God, who created all things; verse **10**, so that the multifaceted wisdom of God might now be made known through the church to the rulers and the authorities in the heavenly *places*. Verse **11**. *This was* in accordance with the eternal purpose which He carried out in Christ Jesus our Lord, verse **12**, in whom we have boldness and confident access through faith in Him.

(Commentary Break): *Paul rightly calls himself “the very least of all saints” considering his record as having been a Pharisee of Pharisees, a hunter and a former murder of Christians. But now his transformation is complete having been made an Apostle of the Gospel of Christ and a slave and prisoner of Jesus and soon to be a martyr on in service to and on behalf of Jesus and the Gentile world. The message is clear: we now have boldness and confident access through faith in God the Father through Christ Jesus our Lord!* (End Commentary Break).

Verse **13**. Therefore I ask you not to become discouraged about my tribulations in your behalf, since they are your glory. Verse **14**. For this

reason I bend my knees before the Father, verse 15, from whom every family in heaven and on earth derives its name, verse 16, that

He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner self, verse 17, so that Christ may dwell in your hearts through faith; *and* that you, being rooted and grounded in love, verse 18, may be able to comprehend with all the saints what is the width and length and height and depth, verse 19, and to know the love of Christ which surpasses knowledge, that you may be filled to all the fullness of God.

(Commentary Break): Disclaimer: The words in Paul's prayer are too rich, too deep and too profound for me to properly and adequately express. (Therefore, I would encourage you read more on the [BibleHub.com topical lexicon](https://www.biblehub.com/topical-lexicon/)).

First, Paul is praying that God would grant us to be strengthened with power (dunamis) through His Spirit in the inner self – rooted and grounded (rhizoo – firmly planted and stable) in love; he is actually asking that we be supplied with the dynamic, explosive power in achieving Jesus' inherent abilities – which supply and exceed the riches of wealth of all the earth.

When you, as a Christian understand this, as to embrace this truth, then as the Bible says, for you, “with God all things are possible” and for you, “with God, nothing is impossible” – all in the context of the works, mission and calling of Christ Jesus.

Secondly, that “Christ may dwell in our hearts through faith; and that we, being rooted and grounded in love and may be able to comprehend with all the saints what is the width and length and height and depth and to know the love of Christ which surpasses knowledge, that you may be filled to all the fullness of God”.

Through this we gain peace, purpose, courage, and boldness – and indeed, nothing is impossible for those of us who love God and are called according to His purpose. (End Commentary Break).

Verse 20. Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us, verse 21, to Him *be* the glory in the church and in Christ Jesus to all generations forever and ever. Amen.

(Commentary Break): There is just no way to improve upon nor to adequately explain the depth of Paul’s words here. (End Commentary Break).

(End chapter 3).

Jesus has done and continues to do “far more abundantly beyond all that we ask or think”, and that is the power that is working within us as Christ followers. Grasp it. Embrace it. Apply it. Now, do it – and nothing will ever be the same.

THE BOOK OF EPHESIANS, Chapter 4



Unity of the Spirit, The Christian’s Walk

Paul now moves from the fundamentals of the faith to the bedrock upon which they are firmly rooted. If there ever was a prime directive for the believer and follower of Jesus, this is one.

Every word, phrase and paragraph are expressive of God’s deep spiritual truth, brought into the light for us so we may conduct our lives in way that reaps the greatest rewards of God’s plan, purpose and promises.

This Word of God, These Words spoken by Paul, by way of the indwelling and inspiration of the Holy Spirit, are for our immediate consumption – eat this Body, His Word, The Logos of God; drink deeply from the well of His spirit, His life-giving Blood and live in His life forevermore.

Unity of the Spirit

[Ephesians 4:1](#), Therefore I, the prisoner of the Lord, urge you to walk in a manner worthy of the calling with which you have been called, verse [2](#), with all humility and gentleness, with patience, bearing with one another

in love, verse [3](#), being diligent to keep the unity of the Spirit in the bond of peace. Verse [4](#). *There is one body and one Spirit, just as you also were called in one hope of your calling; verse [5](#), one Lord, one faith, one baptism, verse [6](#), one God and Father of all who is over all and through all and in all.*

(Commentary Break): *Paul, like Jesus, is leading by example. He is a voluntary prisoner of Christ Jesus, in total submission to Jesus. Being held captive in the bonds of Christ allows him the will to restrict the desires of his flesh, reflecting the [enigmatic](#) idea that true freedom, and true unity within The Body in humility, gentleness, patience while bearing with one another is only found – is only truly possible – in servitude to God. (End Commentary Break).*

Verse [7](#). But to each one of us grace was given according to the measure of Christ's gift.

(Commentary Break): *Grace is central, representing unmerited (unearned and unearnable) favor from God, a gift. this idea of grace is a sharp contrast with the transactional nature of the hedonistic pagan worship then and now. This grace empowers believers for service and spiritual growth. This indicates that the grace given is not uniform but varies according to God's sovereign will. It suggests a tailored distribution of spiritual gifts, aligning with the needs and purposes of*

the church. And, this measure is not based on human merit but on divine wisdom, ensuring that each believer is equipped for their specific role within the body of Christ. (End Commentary Break).

Verse **8**. **Therefore it says,**

“WHEN HE ASCENDED ON HIGH,

HE LED CAPTIVE *THE* CAPTIVES,

AND HE GAVE GIFTS TO PEOPLE.”

(Commentary Break): *This introduces a quotation from the Old Testament, specifically [Psalm 68:18](#). The Apostle Paul often uses Old Testament references to connect the teachings of Christ with the Hebrew Scriptures, showing continuity in God's plan. (This*

method of teaching was common in Jewish tradition, where rabbis would cite scripture to support their teachings.) The imagery of ascending on high is associated with victory and triumph. In the ancient Near Eastern context, a king or military leader would ascend to a high place after a victory, symbolizing authority and dominion. This phrase is understood to refer to Christ's ascension into heaven after His resurrection, signifying His victory over sin and death. It echoes the ascension of a victorious king returning from battle.

This part of the verse suggests a triumphal procession, where a victorious leader would lead captives as a demonstration of their conquest. In the context of Ephesians, it is interpreted as Christ leading spiritual captives—those who were once bound by sin and death—into freedom. This imagery is consistent with the Roman practice of triumphal processions, where captives were paraded as a sign of victory.

The giving of gifts is a reference to the distribution of spiritual gifts to the church. In ancient times, a victorious king would distribute spoils or gifts to his people. Here, it signifies the spiritual gifts given by Christ to believers, empowering them for

service and building up the body of Christ. This concept is further elaborated in the subsequent verses of [Ephesians 4](#), where Paul discusses the various gifts and roles within the church. (This foregoing comment is excerpted from BibleHub.com). (End Commentary Break).

Verse 9. (Now this *expression*, “He ascended,” what does it mean except that He also had descended into the lower parts of the earth? **Verse 10.** He who descended is Himself also He who ascended far above all the heavens, so that He might fill all things.)

(Commentary Break): Paul's reasoning here is that Christ descended in humility; He died and was buried; He rose from the dead; He ascended in victory; He now reigns over all things; Therefore, Christ has the authority to distribute gifts to His people. The focus of the passage is not primarily on the details of Christ's descent, but on the fact that the One who humbled Himself is now exalted above all things and actively building His church.

The practical application of Ephesians 4:9-10 is to remind believers that Jesus fully entered our human condition, and no depth of suffering or humiliation was beneath Him. His exaltation followed His humiliation and He now reigns as the victorious Lord. The gifts and ministries within the church come from the risen and ascended Christ.

The same Savior who came down to rescue sinners is now enthroned over heaven and earth, governing His church and accomplishing His purposes until all things are brought into complete submission to Him.

This is remarkably similar to Jesus' statement to the thief on the cross when He said, "Today you will be with me in Paradise" (see Luke 23:43 and Ephesians 4:8–10), Christ "descended into the lower parts of the earth" and then "led captivity captive."

"Paradise" before Christ's resurrection as the blessed compartment of Sheol/Hades where Old Testament believers awaited the completion of Christ's redemptive work. This is often connected to Jesus' description of "Abraham's bosom" in Luke 16:19–31.

Jesus died on Friday and His spirit entered Paradise. Between His death and resurrection, He proclaimed His victory over sin, death, and Satan. At or immediately following His resurrection, He brought the redeemed saints into the direct presence of God in heaven. Since that time, believers who die go immediately to be with Christ. This is why the Apostle Paul said, "To be absent from the Body is to be present with Christ". See 2 Corinthians 5:8 and Philippians 1:23). Paradise was "emptied" sometime between Christ's death and His ascension, most commonly associated with His resurrection. (End Commentary Break).

Verse **11**. And He gave some *as* apostles, some *as* prophets, some *as* evangelists, some *as* pastors and teachers, verse **12**, for the equipping of the saints for the work of ministry, for the building up of the body of Christ; verse **13**, until we all attain to the unity of the faith, and of the knowledge of the Son of God, to a mature man, to the measure of the stature which belongs to the fullness of Christ.

(Commentary Break): *The Apostle describes the distribution of Gifts of the Holy Spirit here and more completely in 1 Corinthians chapter 12. Importantly, however, Paul describes the purpose of the Gifts: they are for (1), the equipping of the saints for the work of ministry, (2), and for the building up of the Body of Christ until (3), we all attain the unity of the faith, (4), (and) the knowledge of the Son of God, to a mature man, to the measure of the stature which belongs to the fullness of Christ.*

Somewhere along the way, the teaching and paradigm of pastors and church leaders preparing the saints to do the work of ministry shifted. They began preparing the fewer of those who felt “called to ministry”. Some went, some sent but the majority made it into a job and a career. They pandered to the church. They became ‘leaders’ and ‘C.E.O.s – ‘radio preachers’, televangelists and conference speakers. The church became a congregation, then an audience and a source of income for power and influence. But the Bible is clear: Pastors and Elders are to equip the saints for the

WORK OF MINISTRY. They are to lead by example, not by edict. The twenty-first century Church must return to the model of the first century model of Jesus or it will continue to fade into obscurity as a religious relic of the past. (The Good News, however, is that God is preparing a Remnant that won't shrink back, but will carry the Message and the fight and will crash the gates of hell for the rescue of the saints and the Glory of God. He has Spoken. (End Commentary Break).

Verse 14. As a result, we are no longer to be children, tossed here and there by waves and carried about by every wind of doctrine, by the trickery of people, by craftiness in deceitful scheming; verse 15, but speaking the truth in love, we are to grow up in all *aspects* into Him who is the head, *that is*, Christ, verse 16, from whom the whole body, being fitted and held together by what every joint supplies, according to the proper working of each individual part, causes the growth of the body for the building up of itself in love.

(Commentary Break): Paul's words here should encourage all followers of Jesus, in any age. He is speaking present tense and future tense: As a result of having Gifted and empowered us for the work of ministry; as a result of having matured us and united us, we are no longer children tossed about by every wind of doctrine, by trickery, craftiness, deceitful scheming. We are growing up in all aspect to Him, Christ, fitted and held together in

love. Take your place brothers and sisters. Arm yourself with the full Gospel of Christ and begin to pull down the strongholds of darkness. The victory is ours if we will only follow and obey! (End Commentary Break).

The Christian's Walk

Verse **17**. So I say this, and affirm in the Lord, that you are to no longer walk just as the Gentiles also walk, in the futility of their minds, verse **18**, being darkened in their understanding, excluded from the life of God because of the ignorance that is in them, because of the hardness of their heart; verse **19**, and they, having become callous, have given themselves up to indecent behavior for the practice of every kind of impurity with greediness. Verse **20**. But you did not learn Christ in this way, verse **21**, if indeed you have heard Him and have been taught in Him, just as truth is in Jesus, verse **22**, that, in reference to your former way of life, you are to rid yourselves of the old self, which is being corrupted in accordance with the lusts of deceit, verse **23**, and that you are to be renewed in the spirit of your minds, verse **24**, and to put on the new self, which in *the likeness of* God has been created in righteousness and holiness of the truth.

(Commentary Break): Paul says, "affirm this in the Lord". This is a formal, weight-bearing testimony. More than a casual speech, it is an oath-like affirmation delivered in the hearing of God and people, bidding both the speaker and the audience to the truth

declared. Meditate on it. Memorize it. Say it aloud. (End
Commentary Break).

Verse **25**. Therefore, ridding yourselves of falsehood, SPEAK TRUTH EACH ONE *OF YOU* WITH HIS NEIGHBOR, because we are parts of one another.

Verse **26**. BE ANGRY, AND *YET* DO NOT SIN; do not let the sun go down on your anger, verse **27**, and do not give the devil an opportunity. Verse **28**. The one who steals must no longer steal; but rather he must labor, producing with his own hands what is good, so that he will have *something* to share with the one who has need. Verse **29**. Let no unwholesome word come out of your mouth, but if *there is* any good *word* for edification according to the need *of the moment, say that*, so that it will give grace to those who hear. Verse **30**. Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Verse **31**. All bitterness, wrath, anger, clamor, and slander must be removed from you, along with all malice. Verse **32**. Be kind to one another, compassionate, forgiving each other, just as God in Christ also has forgiven you. (End Chapter 4).

The reborn, regenerated person in Christ will undertake, endeavor and practice these words of the Apostle. Anything less is falling short.

Please. Let's pray for one another as believers that we are made able and each of us will hear the words, "Well done good and faithful servant".

THE BOOK OF EPHESIANS, Chapter 5



Be Imitators of God, Marriage Like Christ and the Church

Paul's Holy Spirit inspired words now become intensely personal for the believer. It is written that the Word of God is living and active, and sharper than any two-edged sword, even penetrating as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart, and the words of this chapter will reach to deepest regions of your heart, soul, mind and spirit – if you will allow it – and will transform you.

Be Imitators of God

Ephesians 5:1, Therefore be imitators of God, as beloved children; verse **2**, and walk in love, just as Christ also loved you and gave Himself up for us, an offering and a sacrifice to God as a fragrant aroma.

(Commentary Break): *Scriptures tell us, in Genesis 1:7 that “God created man in His own image, in the image of God He created him; male and female”. A close examination of the Hebrew word “image” (tseh'-lem) reveals that we were made in His image as a faint copy, a phantom, a likeness but with the flaw of dubious character; a vain show*

– but with the potential of being perfected through Christ Jesus; (And by this one sacrifice, He has perfected those who are being sanctified, Hebrews 10:14.)

In the meantime, we are to “be imitators, (mimétés) of God” – mimics, emulators; a positive imitation that arises by admiring the pattern set by God Himself: God shapes His people through the visible, Spirit filled replication of approved patterns, climaxing in the conformity to His Son). And this “imitation” is to be done as a sacrifice of our own former life just as Christ gave Himself up for us. A high calling, indeed. (End Commentary Break).

Verse 3. But sexual immorality or any impurity or greed must not even be mentioned among you, as is proper among saints; **verse 4,** and *there must be no* filthiness or foolish talk, or vulgar joking, which are not fitting, but rather giving of thanks. **Verse 5.** For this you know with certainty, that no

sexually immoral or impure or greedy person, which amounts to an idolater, has an inheritance in the kingdom of Christ and God.

(Commentary Break): *This is where the tares are separated from the wheat. (See [Matthew 13:24-30](#)). There are those in the church who regularly practice “[deeds of the flesh](#)” in the dark with no remorse. (I say ‘with no remorse’ because a sense of remorse is a sign that perhaps the Holy Spirit is at work convicting and guiding such a person to break free from the sin that ensnares and entraps them. But the lack of remorse shows the probability that they are the ‘tares’ in the field of wheat and the ‘goats’ hiding in the flock of God’s sheep.)*

This teaching and warning is repeated in similar language in [Galatians 5:16-24](#). Paul makes it crystal clear that the believer must make it a high priority to purge such thoughts and behavior from their lives – “for this you know with certainty, that no sexually immoral or impure or greedy person, which amounts to an idolater, has an inheritance in the kingdom of Christ and God”. (Know that God has made a way, a provision for those of us, like Paul, who struggle in these matters. And that there is now no condemnation for those of us who are in Christ Jesus as we wage this war of the mind, this war of the flesh versus the Spirit. (See [Romans 7:14 through Romans 8:11](#)). (End Commentary Break).

Verse 6. *See that* no one deceives you with empty words, for because of these things the wrath of God comes upon the sons of disobedience. Verse 7. Therefore do not become partners with them; verse 8, for you were once darkness, but now you are light in the Lord; walk as children of light verse 9, (for the fruit of the light *consists* in all goodness, righteousness, and truth), verse 10, as you try to learn what is pleasing to the Lord. Verse 11. Do not participate in the useless deeds of darkness, but instead even expose them; verse 12, for it is disgraceful even to speak of the things which are done by them in secret. Verse 13. But all things become visible when they are exposed by the light, for everything that becomes visible is light. Verse 14. For this reason it says,

“Awake, sleeper,

And arise from the dead,

And Christ will shine on you.”

(Commentary Break): *Today as then, false teachers and wolves, even agents of Satan have crept into the church to mislead as many as possible and to even corrupt the church if that were possible. Scriptures warn of the coming apostasy. People will practice a form of godliness which denies the power of the Gospel of Christ (See 2 Timothy 3:5) – this too is a falling away from the faith, the true Gospel of Jesus. This apostasy is of epic proportions*

today and it is masquerading as the church. (Please reference “[The False Church Emerges](#)”). (End Commentary Break).

Verse **15**. So then, be careful how you walk, not as unwise people but as wise, verse **16**, making the most of your time, because the days are evil.

Verse **17**. Therefore do not be foolish, but understand what the will of the Lord is.

(Commentary Break): Here are four instances of the twenty-five occurrences of the phrase “God’s Will” from the Bible where the Bible clearly explains God’s Will:

*1 Peter 2:15 “**For such is the will of God, that by doing right you may silence the ignorance of foolish men.**”*

*Romans 12:2 “**And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what the will of God is, that which is good and acceptable and perfect.**”*

*1 Thessalonians 4:3 “**For this is the will of God, your sanctification; that is, that you abstain from sexual immorality;**”*

1 Thessalonians 5:18 "in everything give thanks; for this is God's will for you in Christ Jesus."

Do you want to see the power of God's Word and His Spirit work for good in your life? Does using these three verses sound too simple? Well, you can expand on these verses. But, just try these for a start.

DO RIGHT.

RENEW YOUR MIND TO THAT WHICH IS GOOD AND ACCEPTABLE AND PERFECT.

ABSTAIN FROM SEXUAL IMMORALITY.

IN EVERYTHING, GIVE THANKS

Interesting, huh? God's Will produces a life that is RIGHT, GOOD, ACCEPTABLE, PERFECT and produces THANKSGIVING. Isn't that what you want for every circumstance in your life? Think about it. (End Commentary Break).

Verse **18**. And do not get drunk with wine, in which there is debauchery, but be filled with the Spirit, verse **19**, speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your hearts to the Lord; verse **20**, always giving thanks for all things in the

name of our Lord Jesus Christ to *our* God and Father; verse 21, and subject yourselves to one another in the fear of Christ.

(Commentary Break): *Has it become unacceptable to live a righteous life in speech and behavior? It would seem that the pagan and unregenerate world has either convinced the child of God or cowered him or her to just relax their standards. They say, “don’t be so rigid. Don’t be so legalistic”. But Jesus says that we are to be “salt and light” in this fallen and dying world as a witness to God. We aren’t to condemn but we are not to participate in the foolish ways of the world – and that includes getting drunk. (And by the way, in case you haven’t thought about it, there is only one way to get drunk – and that is by drinking.) The voices of the Bible repeatedly warn that we are not to participate in such things, and that we are even to flee from them. So, does it make you an oddity, a weird person to, at all times, be filled with the Spirit, speak to one another in psalms and hymns and spiritual songs, singing and make melody with your hearts to the Lord; always giving thanks for all things in the name of our Lord Jesus Christ to our God and Father; and to subject yourselves to one another in the fear of Christ? Again. Think about it. (End Commentary Break).*

Marriage like Christ and the Church

Verse 22. Wives, *submit yourselves* to your own husbands, as to the Lord.

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. Verse 24. But as the church is subject to Christ, so also the wives *ought to be* to their husbands in everything.

Verse 25. Husbands, love your wives, just as Christ also loved the church and gave Himself up for her, verse 26, so that He might sanctify her, having cleansed her by the washing of water with the word, verse 27, that He 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.

Verse 28. So husbands also ought to love their own wives as their own bodies. He who loves his own wife loves himself; verse 29, for no one ever hated his own flesh, but nourishes and cherishes it, just as Christ also *does* the church, verse 30, because we are parts of His body. Verse 31. FOR THIS REASON A MAN SHALL LEAVE HIS FATHER AND HIS MOTHER AND BE JOINED TO HIS WIFE, AND THE TWO SHALL BECOME ONE FLESH.

Verse 32. This mystery is great; but I am speaking with reference to Christ and the church. Verse 33. Nevertheless, as for you individually, each *husband* is to love his own wife the same as himself, and the wife *must see to it* that she respects her husband.

(Commentary Break): *These verses speak loudly and clearly enough without comment. However, despite their clarity, these teachings and instructional commandments are largely ignored in*

these last days. Feminism has influenced and infected many women in the church – so much so, they desire to rule over the entire church as pastors. And just as sadly, men are neglecting their role as leaders and have gone silent, are submitting to or are staying away from the current-day feminized church. And by Paul's own words, it is women who are to remain silent in the church. Even well-known pastors are encouraging women to assume positions of authority over men and the church as they have become false teachers, bending to the will of the world.

Paul, in sharp contrast, tells men and women how to love the Church and one another. Is it little wonder that “many are called but few are chosen”? Please, dear friends let's not depart from the word of God. It is our source of strength and sanctuary. (End Commentary Break).

End Chapter 5.

"Because the days are evil, do not be foolish, but understand what the will of the Lord is."

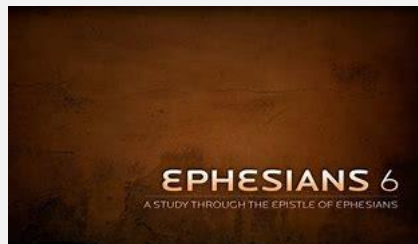
The Bible speaks of God's will many times. Do you want to see God's Word and Spirit powerfully at work in your life? These instructions may seem simple, but they provide a solid starting point:

- Just do what is right.

- Deliberately and frequently renew your mind according to what is good, acceptable, and perfect.
- Abstain from sexual immorality.
- Give thanks in every circumstance, know that everything works together for your good – for those who are called according to His purpose.

Notice the result: God's Will leads to a life characterized by righteousness, goodness, spiritual maturity, purity, and gratitude. Isn't that the kind of life we desire in every circumstance? Think about it. Meditate on it.

THE BOOK OF EPHESIANS, Chapter 6,



Children and Parents, Slaves and Masters, The Armor of God

Paul completes his letter to the Ephesian Church by first speaking to children and parents, slave and master. It would be useful to see that this is more about *God's structure of authority* (higher to lower) which supports the safety, health, and wholeness that our salvation provides.

(Saved: “[sozo](#)” – **made safe**, in all circumstances, for all things are made to work together for our good, for all of us who are called according to His

purpose; **made whole**, given a life, a destiny and an eternity of a greater purpose; **made healthy**, in all our activities, endeavors and relationships).

Secondly, and finally, Paul instructs that this – following and doing the will of God – will be a spiritual battle, so he reveals the equipping (i.e., the equipment) and the method necessary to effectively engage and to succeed in this battle.

Children and Parents

Ephesians 6:1, Children, obey your parents in the Lord, for this is right.

Verse **2**. HONOR YOUR FATHER AND MOTHER (which is the first commandment with a promise), verse **3**, SO THAT IT MAY TURN OUT WELL FOR YOU, AND THAT YOU MAY LIVE LONG ON THE EARTH.

Verse **4**. Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.

(Commentary Break): *Paul is describing, first, the defensive formation that we, as Christians, and particularly as a family, must assume. We have seen, in Romans 5:22, and again in **Ephesians 5:21**, "and **be subject to** one another in the fear of Christ.", Verse **22**. Wives, **be subject to** your own husbands, as to the Lord. 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. [Verse 24](#). But as the church is subject to Christ, so also the wives ought to be to their husbands in everything.

*The word "**Hupotasso**" literally means:*

- 1) to arrange under, to subordinate;*
- 2) to subject, put in subjection*
- 3) to subject one's self, obey*
- 4) to submit to one's control*

- 5) to yield to one's admonition or advice*
- 6) to obey, be subject.*

***HUPO** - [arrange under](#); **TASSO** - [mutually agree upon](#)*

*The intention of "submission or subjection" is found in the **CONTEXT** of the words in this chapter of Ephesians, which encourages us to be wise and moral, kind and pure, gentle and forgiving.*

The context is also found in the meaning of the words in these verses.

Specifically, "Hupotasso" comes from a Greek military term meaning "to arrange [troop divisions] in a military fashion under the command of a leader".



These troop formations were called a Phalanx. The Phalanx was the formation, usually in triangular form, in which The [hoplite](#) phalanx of

the [Archaic](#) and [Classical](#) periods in Greece (c. 800–350 BC) was the formation in which the hoplites would line up in ranks in close order.

Hoplites were citizen-soldiers of [Ancient Greek city-states](#) who were primarily armed with [spears](#) and [shields](#). Hoplite soldiers utilized the [phalanx formation](#) in order to be effective in war with fewer soldiers. The formation discouraged the soldiers from acting

alone, for this would compromise the formation and minimize its strengths.



The hoplites would lock their shields together, and the first few ranks of soldiers would project their spears out over the first rank of shields.

Those at the front were, what we would call today, THE TIP OF THE SPEAR or the POINT MAN. They presented the first defense against the enemy and were the first to engage the enemy and the first to take casualties.

The phalanx therefore presented a shield wall and a mass of spear points to the enemy. Making frontal assaults against it very difficult.

It also allowed a higher proportion of the soldiers to be actively engaged in combat at a given time, rather than just those in the front rank.

This word, "Hupotasso", in non-military use, is "a voluntary attitude of giving in, cooperating, assuming responsibility, and carrying a burden".

The Bible gives this as an example for husbands and wives to cooperate and to successfully navigate life and in waging wars against 'their common enemy', Satan.

The wife is fully engaged in the marriage relationship, but, God says the husband is to be the Tip of the Spear in order to protect and preserve and, if necessary, the first to fall.

*Interestingly, Ephesians 5:22, "**be subject to your own**" uses the word "**idios**" which means, uniquely one's own, peculiar to the individual. It is "stronger than the simple possessive pronoun ('own'). This emphatic adjective means 'private, personal' ".*

God gives each husband a wife, designed by God, Himself, to fulfill a role specifically for that husband. God gives the wife gifts, talents, abilities and a calling uniquely designed to serve God and to compliment and to complete the husband.

This is why the Bible says "Husbands, love your wives, just as Christ also loved the church and gave Himself up for her. It is also why God says "Wives, be subject to your own husbands, as to the Lord".

Neither, the husband nor the wife, can be made complete as persons when finding refuge, protection and provision. But as a God given ability, you can mature and sustain one another, until you understand this Spiritual principal and follow it. (End Commentary Break).

Slaves and Masters

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; verse **6**, not by way of eye-service, as people-pleasers, but as slaves of Christ, doing the will of God from the heart. Verse **7**. With goodwill render service, as to the Lord, and not to people, verse **8**, knowing that whatever good thing each one does, he will receive this back from the Lord, whether slave or free.

Verse **9**. And masters, do the same things to them, and give up threatening, knowing that both their Master and yours is in heaven, and there is no partiality with Him.

(Commentary Break): Likewise, when it comes to slaves and masters, there is a hierarchy of authority which also supports the safety, health, and wholeness that God gift of salvation provides. If you find yourself, not as a slave, but as one on the lower end of an hierarchy of authority, whether in a family, a business, at work or elsewhere, consider the case and example of Joseph the son of Jacob: From prison to the throne.

Joseph was the eleventh son of the patriarch Jacob and the first son of Jacob's beloved wife, Rachel. Because Jacob loved Joseph more than his other sons, he gave him a special coat, often called the "coat of many colors" (Genesis 37:3). This favoritism caused jealousy among Joseph's brothers. Joseph's brothers plotted to kill him, but instead sold him to traders traveling to Egypt. They deceived their father into believing Joseph had been killed by a wild animal (Genesis 37). As a slave in Egypt, Joseph was purchased by Potiphar, an officer of Pharaoh.

God blessed Joseph, and he prospered in Potiphar's household. However, Potiphar's wife falsely accused him of attempting to seduce her. As a result, Joseph was unjustly imprisoned (Genesis 39).

Even in prison, God was with Joseph. He gained favor with the prison authorities and was given responsibility over the other prisoners.

While in prison, Joseph accurately interpreted the dreams of Pharaoh's cupbearer and baker. Two years later, when Pharaoh himself was troubled by mysterious dreams, the cupbearer remembered Joseph. Joseph interpreted Pharaoh's dreams as a warning that Egypt would experience seven years of abundance followed by seven years of severe famine. He advised Pharaoh to store grain during the prosperous years (Genesis 41).

*Recognizing God's wisdom in Joseph, Pharaoh elevated him **from prisoner to second-in-command over all Egypt**. Joseph oversaw the collection and storage of grain, preparing the nation for the coming famine.*

When famine struck the surrounding lands, Joseph's brothers traveled to Egypt to buy food. They did not recognize Joseph, but he recognized them. After testing their character and observing their repentance, Joseph revealed his identity. Instead of seeking revenge, he forgave them and acknowledged God's sovereign hand in the events: "You meant evil against me, but God meant it for good" (Genesis 50:20).

Joseph then brought his father and the entire family to Egypt, preserving the family line through which God would eventually bring the Messiah.

Joseph's life teaches that God is able to work through suffering, injustice, betrayal, and hardship to accomplish His purposes.

What appears to be tragedy from a human perspective can become part of God's greater plan for good and His glory. A fitting summary of Joseph's life is found in Genesis 50:20: "You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives."

This example is not just a "story" from the Bible. It is an example of how God delivers the enslaved and the downtrodden. From a lowly and hated youngest brother of eleven, to being falsely accused of crimes, imprisoned, then elevated to the throne and given authority! This is about you and about me, if we so choose. (End Commentary Break).

Verse **10**. Finally, be strong in the Lord and in the strength of His might.

Verse **11**. Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. 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*. Verse **13**. Therefore, take up the full

armor of God, so that you will be able to resist on the evil day, and having done everything, to stand firm. Verse **14**. Stand firm therefore, having belted your waist with truth, and having put on the breastplate of righteousness, verse **15**, and having strapped on your feet the preparation of the gospel of peace; 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*. Verse **17**. And take the helmet of salvation and the sword of the Spirit, which is the word of God.

Verse **18**. With every prayer and request, pray at all times in the Spirit, and with this in view, be alert with all perseverance and *every* request for all the saints, verse **19**, and *pray* in my behalf, that speech may be given to me in the opening of my mouth, to make known with boldness the mystery of the gospel, verse **20**, for which I am an ambassador in chains; that in *proclaiming* it I may speak boldly, as I ought to speak.

(Commentary Break): *Ephesians 6:10–20, the Apostle Paul concludes his letter by calling believers to stand firm in spiritual warfare through the strength and resources God provides.*

Paul begins by exhorting believers to "be strong in the Lord and in the strength of His might." Christians are not called to fight spiritual battles in their own power but in God's power.

He reminds us through spiritual truth using a series of metaphors that our true struggle is not against human beings ("flesh and blood") but against spiritual forces of evil. Because the enemy is spiritual, believers must put on the full armor of God in order to withstand attacks and remain faithful.

Paul describes six pieces of armor by way of metaphors, using the equipment of a Roman soldier as an illustration:

- 1. **The Belt of Truth** – Truth holds everything together. Believers are to be grounded in God's truth and live honestly before Him.*
- 2. **The Breastplate of Righteousness** – Righteousness protects the heart. This includes both the righteousness believers receive through Christ and the righteous life they are called to live.*
- 3. **The Shoes of the Gospel of Peace** – Christians are to stand firmly on the peace they have with God through the gospel and be ready to share that message with others.*
- 4. **The Shield of Faith** – Faith protects believers from the "flaming arrows" of the enemy, such as doubt, fear, temptation, and discouragement.*
- 5. **The Helmet of Salvation** – Salvation guards the mind, providing confidence and assurance in God's saving work.*

6. ***The Sword of the Spirit, which is the Word of God*** – *The only offensive weapon listed. God's Word is used to confront error, resist temptation, and proclaim truth.*

After describing the armor, Paul emphasizes continual prayer. Believers are to pray:

At all times, In the Spirit, With perseverance, For all the saints.

Paul also requests prayer for himself, that he would boldly proclaim the mystery of the gospel even while imprisoned. Likewise, we must pray for one another during these times.

Main Themes:

The Christian life involves spiritual warfare.

Victory comes through God's strength, not human effort.

Believers must be equipped with God's truth, righteousness, faith, salvation, and Word.

Prayer is essential to standing firm and advancing the gospel.

*Christians are called not merely to attack the enemy but primarily to **stand firm** in the victory Christ has already secured.*

*The central command of this passage is "**stand firm**." Believers are to rely on God's power, put on His armor, remain vigilant in*

prayer, and faithfully endure against spiritual opposition until the day of Christ.

These are not suggestions, they are prophetic instructions for spiritual warfare. No less, if you were a soldier in an army preparing for war, would you fare well if you ignored your superiors and shirked in your

training, should we ignore the reality of Paul's instructions. Let me re-emphasize, this war is real, the consequences of being unprepared or ill-prepared can be destructive and deadly. Hear Paul's words. Practice them. Apply them daily,. This is the only way! (End Commentary Break).

Verse **21**. Now, so that you also may know about my circumstances *as to* what I am doing, Tychicus, the beloved brother and faithful servant in the Lord, will make everything known to you. 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.

Verse **23**. Peace be to the brothers *and sisters*, and love with faith, from God the Father and the Lord Jesus Christ. Verse **24**. Grace be with all those who love our Lord Jesus Christ with incorruptible love. (End Chapter 6 – End The Book of Ephesians).

EPILOUGE

I am no Tychius but I am endeavoring to be a faithful servant of God by trying to make everything known to you. My desire is to encourage you, instruct you through these messages, to prepare you and to comfort you hearts. I too pray peace to you brothers *and sisters*, and love with faith, from God the Father and the Lord Jesus Christ. May grace be with all those who love our Lord Jesus Christ with incorruptible love.

Your Brother and Friend,

Mike Young

(Contact: <https://www.whitestone2020.com/>)