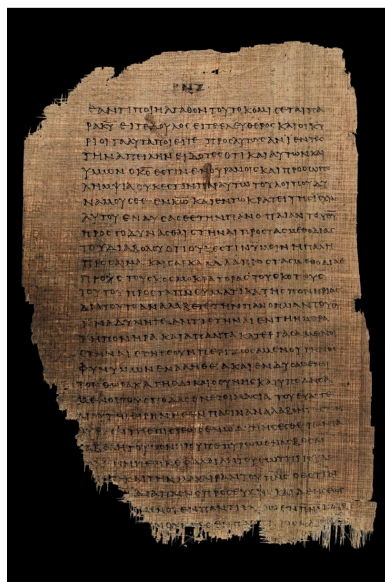


EPHESIANS

Who You Are in Christ

AUTHOR	Paul, 1:1 and 3:1. The early church never doubted it. Some modern scholars think a follower wrote it in Paul's name because the style is different and much of it is like Colossians.
WRITTEN FROM	Prison, 3:1, 4:1 and 6:20, most likely Rome, where Paul lived under guard for two years, Acts 28:30.
DATE WRITTEN	About AD 60 to 62.
WRITTEN TO	The believers in Ephesus, and maybe a group of churches around it. See the 1:1 note.
DELIVERED BY	Tychicus, 6:21, on the same trip that carried Colossians and Philemon, Colossians 4:7 to 9.
WHY HE WROTE	No crisis this time. Paul wanted believers to know who they are in Christ and how to live as one body.
KEY VERSE	Ephesians 2:8. For it is by grace you have been saved through faith, and this not from yourselves; it is the gift of God.



THE OLDEST COPY OF EPHESIANS

This is a page of Papyrus 46, a book of Paul's letters copied in Egypt about AD 200, now at the University of Michigan. It holds Ephesians 6:8 to 18, the armor of God. In the middle you can read our struggle is not against flesh and blood, 6:12. The Greek letters at the top are the page number, 157.

THE NEXT PAGE. The page right after this one finishes Ephesians and starts Galatians. See the Galatians title page, p. . .

WHY IT MATTERS. Papyrus 46 is also one of the oldest copies without the words in Ephesus in 1:1. Copied only about 140 years after Paul wrote, it says what our Bibles say today.

Historical Setting

Ephesus was the biggest city in the Roman province of Asia, in western Turkey, with a busy harbor and maybe 200,000 people. It was home to the Temple of Artemis, one of the Seven Wonders of the World, and it was famous for magic. Paul lived there almost three years, Acts 20:31. For two years he taught every day in the lecture hall of Tyrannus, so all of Asia heard the word, Acts 19:9 to 10. Then the silversmiths started a riot, Acts 19. Later Paul said goodbye to the Ephesian elders with tears and warned them about wolves, Acts 20:17 to 38. Now he writes to them from chains.

What Ephesus Was Up Against

MAGIC. Ephesus was known for charms and spells. New believers burned magic scrolls worth 50,000 silver coins, Acts 19:19.

ARTEMIS. The city's money and pride were tied to her temple, Acts 19:27.

FEAR OF SPIRITS. People lived afraid of spiritual powers. Paul says Christ sits far above them all, 1:21, and we stand in His strength, 6:10 to 12.

A WALL BETWEEN PEOPLE. Jews and Gentiles did not mix. Jesus tore down that wall, 2:14.

WOLVES COMING. Paul warned false teachers would rise up, Acts 20:29 to 30, so believers must grow up and not get tossed around, 4:14.

The Idiot Proof Summary

Ephesians tells you who you are. Before you ever did anything right, God chose you, adopted you, forgave you and filled you with His Spirit. You are saved by grace, not by trying harder. Jesus made Jews and Gentiles one family, and the church is not a building but the people. Then Paul shows how to live it: walk in love, use your gifts, treat your family and your job as service to Jesus, and stand firm in God's armor. If you have ever wondered who you are, read this letter.

Ephesians at a Glance

CH 1 to 3	WHO YOU ARE Chosen, rich, alive, saved by grace and part of one family.
CH 4 to 6:9	HOW YOU WALK Unity, gifts, new life, light, marriage, family and work.
CH 6:10 to 24	HOW YOU STAND The armor of God and prayer.

Where Jesus Shows Up

EPHESIANS 1:7 In Him we have redemption through His blood. Foreshadowed by Boaz the redeemer, Ruth 4:9 to 10.

EPHESIANS 1:20 God raised Him and seated Him at His right hand, far above every ruler. Fulfills Isaiah 52:13 and Daniel 7:13 to 14.

EPHESIANS 2:14 He Himself is our peace. Fulfills Micah 5:5.

EPHESIANS 2:20 Christ Jesus Himself is the cornerstone. Fulfills Zechariah 10:4.

EPHESIANS 4:8 When He ascended on high, He gave gifts to men. Fulfills Psalm 68:18.

What to Watch for in Ephesians

MESSIANIC PROPHECIES	1:20-22, 2:14, 2:17, 2:19-20, 4:8-10
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MESSIANIC FORESHADOW	1:7, 5:2, 5:25-27, 5:32
THE HEART	3:17, 4:18, 5:19
DEMONIC	2:1-2, 5:5, 6:10-18
NOTABLE	2:8-10, 3:20-21, 4:11-12, 4:29-32, 5:15-16
JESUS SPEAKING	Words in red are Jesus speaking, or God the Father speaking from heaven.

Cool Stuff Most People Miss

SIT, WALK, STAND

The Chinese church leader Watchman Nee summed up Ephesians in three words in his book *Sit, Walk, Stand*: seated with Christ, 2:6, walk worthy, 4:1, and stand firm, 6:11.

ONE LONG SENTENCE

In Greek, 1:3 to 14 is one sentence, over 200 words long. Paul got so excited about grace he forgot to stop.

YOU ARE A POEM

The word workmanship in 2:10 is *poiema* in Greek, where we get the word poem. You are God's work of art.

THE SPIRIT HAS FEELINGS

Do not grieve the Holy Spirit, 4:30. You cannot hurt the feelings of a force. The Spirit is a Person.

AN EARLY SONG

Awake, O sleeper, rise up from the dead, and Christ will shine on you, 5:14. Many think this was a song the first Christians sang.

MISSING ADDRESS

The oldest copies leave out the words in Ephesus in 1:1. See the note there.

Did Anybody Listen?

Yes and no. About 30 years later, Jesus praised the church in Ephesus for hard work and for testing people who called themselves apostles and finding them false, Revelation 2:2. But He also said, You have abandoned your first love, Revelation 2:4. They kept the doctrine and lost the love Paul prayed for in 3:19. About AD 110, the church leader Ignatius wrote to them and praised them again. Today Ephesus is ruins, but the letter still tells millions of people who they are.

MESSIANIC FORESHADOW

1

CHAPTER 1 IN 30 SECONDS

Paul starts with a praise party. In Christ you are chosen, adopted, forgiven and sealed with the Holy Spirit, and it all happened before you did anything. Paul prays you would see how rich you really are, and how much power God used when He raised Jesus and seated Him above every power there is.

PAUL'S GREETING TO THE EPHESIANS // ACTS 19:8-12; REVELATION 2:1-7

¹Paul, an apostle of Christ Jesus by the will of God,

To the saints in Ephesus, the faithful in Christ Jesus:

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

SPIRITUAL BLESSINGS // ROMANS 8:28-34

³Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly realms. ⁴For He chose us in Him before the foundation of the world to be holy and blameless in His presence. In love ⁵He predestined us for adoption as His sons through Jesus Christ, according to the good pleasure of His will, ⁶to the praise of His glorious grace, which He has freely given us in the Beloved One.

⁷In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace ⁸that He lavished on us with all wisdom and un-

■ **EPH 1:1 [TEXT] IN EPHESUS.** The oldest copies, Papyrus 46, Codex Sinaiticus and Codex Vaticanus, do not have the words in Ephesus. Many think Paul wrote one letter to be passed around the churches of Asia, with Ephesus as the main stop. Some think it is the letter to Laodicea that Paul mentions in Colossians 4:16. Most later copies have in Ephesus, and the early church always called it Ephesians.

■ **EPH 1:1 [FIELD NOTES]** See The Library of Celsus Field Notes page, and the theater and Temple of Artemis page in Acts, p.-.

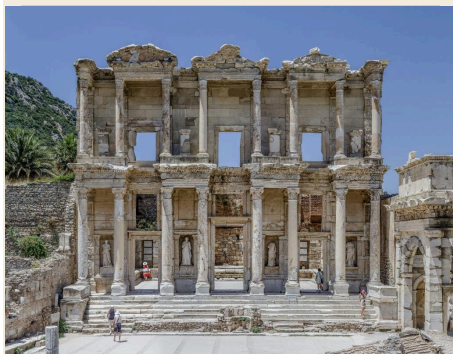
■ **EPH 1:4 [NOTE] CHOSEN AND PREDESTINED, TWO VIEWS.** Reformed or Calvinist: before the world was made, God chose certain people to be saved, not because of anything He saw in them, but by His own will, 1:5 and 1:11. Even faith is His gift, 2:8. Augustine, Calvin and Spurgeon taught this. Arminian or free will: God chose a people in Him, 1:4. Christ is the Chosen One, and whoever joins Him by faith is chosen in Him, like getting on a bus whose destination is already set. God knows ahead who will believe, Romans 8:29, and He wants everyone to be saved, 1 Timothy 2:4. John Wesley taught this. Both sides agree salvation is God's idea, it is all grace, and the goal is to be holy, 1:4, to the praise of His glory, 1:6. See the Romans 9:13 note, p.-.

derstanding. ⁹And He has made known to us the mystery of His will according to His good pleasure, which He purposed in Christ ¹⁰as a plan for the fullness of time, to bring all things in heaven and on earth together in Christ.

FIELD NOTES · ARCHAEOLOGY · CONFIDENCE: HIGH ·
BUILT AFTER PAUL

THE LIBRARY OF CELSUS

EPHESIANS 1:17 · ACTS 19:9 TO 10 · ACTS 19:19



The front of the Library of Celsus in Ephesus, rebuilt from its fallen stones. Photo Benh LIEU SONG, CC BY SA 3.0.

WHAT IT IS

The two story marble front of a library in Ephesus. It was built to honor Celsus, a Roman governor of Asia, by his son. Celsus was buried in a stone coffin under the floor. The library held about 12,000 scrolls. Statues in the front stand for Wisdom, Knowledge, Thought and Goodness.

HOW OLD IT IS

It was built about AD 110 to 120, about 50 years after Paul wrote Ephesians, so Paul never saw it. A fire gutted it in the AD 260s. Austrian archaeologists stood the front back up from its fallen pieces from 1970 to 1978.

A CITY OF SCROLLS

Ephesus loved books long before this library. When people believed, they burned their magic scrolls worth 50,000 silver coins, Acts 19:19. Paul taught every day for two years in the lecture hall of Tyrannus, Acts 19:9 to 10.

REAL WISDOM

In a city proud of its learning, Paul prays

■ **EPH 1:7 [FULFILLS]** Boaz the kinsman redeemer buys back the land and takes Ruth as his wife ← RUTH 4:9-10 p.-

MESSIANIC PROPHECIES DEMONIC NOTABLE

for a different kind of wisdom: a Spirit of wisdom and revelation so you may know God better, 1:17. Knowing a lot is good. Knowing Him is better.

WHERE IT IS TODAY

In the ruins of Ephesus, near Selçuk, Turkey. It is the most photographed building in the city. See also the theater and Temple of Artemis page in Acts, p. 7.

WHAT IT CONFIRMS

Ephesus was a rich, learned city that loved books and big buildings.

WHAT IT DOES NOT PROVE

Nothing about Paul. It came later. It shows the kind of city the church kept growing in.

¹¹In Him we were also chosen as God's own, having been predestined according to the plan of Him who works out everything by the counsel of His will, ¹²in order that we, who were the first to hope in Christ, would be for the praise of His glory.

¹³And in Him, having heard and believed the word of truth—the gospel of your salvation—you were sealed with the promised Holy Spirit, ¹⁴who is the pledge of our inheritance until the redemption of those who are God's possession, to the praise of His glory.

SPIRITUAL WISDOM // 1 CORINTHIANS 2:6-16

¹⁵For this reason, ever since I heard about your faith in the Lord Jesus and your love for all the saints, ¹⁶I have not stopped giving thanks for you, remembering you in my prayers, ¹⁷that the God of our Lord Jesus Christ, the glorious Father, may give you a spirit of wisdom and revelation in your knowledge of Him.

¹⁸I ask that the eyes of your heart may be enlightened, so that you may know the hope of His calling, the riches of His glorious inheritance in the saints, ¹⁹and the surpassing greatness of His power to us who believe. These are in accordance with the working of His mighty strength, ²⁰which He exerted in Christ when He raised Him from the dead and seated Him

at His right hand in the heavenly realms, ²¹far above all rule and authority, power and dominion, and every name that is named, not only in the present age but also in the one to come.

²²And God put everything under His feet and made Him head over everything for the church, ²³which is His body, the fullness of Him who fills all in all.

2

CHAPTER 2 IN 30 SECONDS

You were dead in sin, following the ruler of the air. But God, who is rich in mercy, made you alive with Christ. You are saved by grace through faith, not by works. Jesus tore down the wall between Jews and Gentiles. Now you are one family, a temple built out of people.

ALIVE WITH CHRIST // COLOSSIANS 2:6-23

¹And you were dead in your trespasses and sins, ²in which you used to walk when you conformed to the ways of this world and of the ruler of the power of the air, the spirit who is now at work in the sons of disobedience. ³All of us also lived among them at one time, fulfilling the cravings of our flesh and indulging its desires and thoughts. Like the rest, we were by nature children of wrath.

⁴But because of His great love for us, God, who is rich in mercy, ⁵made us alive with Christ even when we were dead in our trespasses. It is by grace you have been saved! ⁶And God raised us up with Christ and seated us with Him in the heavenly realms in Christ Jesus, ⁷in order that in the coming ages He might display the surpassing riches of His grace, demonstrated by His kindness to us in Christ Jesus.

⁸For it is by grace you have been saved through faith, and this not from yourselves; it is the gift of God, ⁹not by works,

■ EPH 1:20 [FULFILLS] The Servant exalted after suffering
← IS 52:13 p. 7

■ EPH 1:20 [FULFILLS] Highly exalted ← DAN 7:13-14b p. 7

■ EPH 1:20 [ALLUDES TO] Refers to ← PS 110:1 p. 7

■ EPH 1:22 [ALLUDES TO] Refers to ← PS 8:6 p. 7

■ EPH 2:1 [DEMONIC] The ruler of the power of the air

■ EPH 2:8 [NOTABLE] The gospel in three verses. Grace means a gift you did not earn. Faith is how you receive it. Works do not save you, but you were saved to do good works, 2:10. The Greek word for workmanship is *poiema*, where we get poem. You are God's work of art.

MESSIANIC PROPHECIES NOTABLE

so that no one can boast. ¹⁰ For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance as our way of life.

ONE IN CHRIST // PHILIPPIANS 2:1-4

¹¹ Therefore remember that formerly you who are Gentiles in the flesh and called uncircumcised by the so-called circumcision (that done in the body by human hands)—¹² remember that at that time you were separate from Christ, alienated from the commonwealth of Israel, and strangers to the covenants of the promise, without hope and without God in the world. ¹³ But now in Christ Jesus you who once were far away have been brought near through the blood of Christ.

¹⁴ For He Himself is our peace, who has made the two one and has torn down the dividing wall of hostility ¹⁵ by abolishing in His flesh the law of commandments and decrees. He did this to create in Himself one new man out of the two, thus making peace ¹⁶ and reconciling both of them to God in one body through the cross, by which He put to death their hostility.

¹⁷ He came and preached peace to you who were far away and peace to those who were near. ¹⁸ For through Him we both have access to the Father by one Spirit.

CHRIST OUR CORNERSTONE // ISAIAH 28:14-22; 1 CORINTHIANS 3:10-15; 1 PETER 2:1-8

¹⁹ Therefore you are no longer strangers and foreigners, but fellow citizens with the saints and members of God's household, ²⁰ built on the foundation of the apostles and prophets, with Christ Jesus Himself as the cornerstone. ²¹ In Him the whole building is fitted together and grows into a holy temple in the Lord. ²² And in Him you

too are being built together into a dwelling place for God in His Spirit.

THE BIG IDEA

THE CHURCH IS NOT A BUILDING

EPHESIANS 2:19 TO 22 · 4:12 · ROMANS 16:5 · ACTS 18:3

WHAT A CHURCH IS

The Greek word for church is ekklesia. It means people called out and gathered together. It never meant a building. Paul says you are being built together into a dwelling place for God, 2:22, and Peter calls believers living stones, 1 Peter 2:5. Jesus is the cornerstone, 2:20. The church is the people.

CHURCH IN THE HOUSE

The first Christians met in homes: the church that meets at their house, Romans 16:5. In Ephesus the church met in the home of Priscilla and Aquila, 1 Corinthians 16:19. Others met in the homes of Nympha, Colossians 4:15, and Philemon, Philemon 2. They also used rented halls, Acts 19:9, riverbanks and courtyards. For about 200 years there were no church buildings.

THE FIRST CHURCH BUILDINGS

The oldest ones ever found come from about AD 230 to 300: a prayer hall at Megiddo in Israel, about AD 230, though some date it later; a house turned into a church at Dura Europos in Syria, about AD 240; and a church at Aqaba in Jordan, about AD 300, maybe the first one built from the ground up. All are ruins now. Etchmiadzin Cathedral in Armenia was founded about AD 301, but the building standing today is from AD 483. Big church buildings came after Constantine.

A CRIME TO BELIEVE

For almost 300 years, Christianity had no legal standing in Rome, and persecution came in waves. Nero blamed Christians for the fire of Rome in AD 64. Decius demanded sacrifices to the gods in AD 250. Diocletian ordered churches torn down and Bibles burned in AD 303. Galerius gave tolerance in AD 311, and Constantine and Licinius made the faith legal with the Edict of Milan in AD 313.

■ EPH 2:14 [FULFILLS] The Ruler would shepherd His flock in the strength of Yahweh, His greatness would reach the ends of the earth, and He would be our peace ← MIC 5:4-5 · MEDIUM p.~

■ EPH 2:14 [FIELD NOTES] The dividing wall: see The Temple Warning Inscription page in Acts, p.~.

■ EPH 2:17 [FULFILLS] 'Peace to him that is far off and to him that is near' ← IS 57:19 p.~

■ EPH 2:19 [FULFILLS] Many nations would join themselves to Yahweh and become His people ← ZECH 2:11 · MEDIUM p.~

■ EPH 2:20 [FULFILLS] The Cornerstone from Judah ← ZECH 10:4 · MEDIUM p.~

■ EPH 2:20 [THE BIG IDEA] See The Church Is Not a Building page.

WORK AND WORSHIP ARE ONE WORD

In Hebrew, *avodah* means work, worship and service all at once. Adam was put in the garden to work it, Genesis 2:15, and God freed Israel to serve and worship Him, Exodus 3:12. It is the same word. The Bible does not split life into holy jobs and regular jobs. Paul made tents to pay for his mission, Acts 18:3 and 20:34. Your business can be your ministry, Colossians 3:23.

EVERYONE IS IN MINISTRY

Leaders are given to equip the saints for works of ministry, 4:12. Ministry is not something the pastor does while you watch. It is what every believer does, at home, at work and on the street.

WHY IT MATTERS

A building can be a great tool. But if every church building burned down tomorrow, the church would still be standing, because the church is you.

FIELD NOTES · ARCHAEOLOGY · CONFIDENCE: HIGH
FOR THE HOUSES · NO CHURCH PROVEN HERE

THE TERRACE HOUSES OF EPHESUS

EPHESIANS 2:19 TO 22 · 1 CORINTHIANS 16:19



A room in Terrace House 2, Ephesus, with painted walls and a mosaic floor, under its modern roof. Photo Satirdan kahraman, CC BY SA 4.0.

WHAT IT IS

Rich family homes built in steps up the hillside on the main street of Ephesus. Terrace House 2 holds seven homes, some two stories tall, with courtyards, painted walls, marble floors, mosaics, running water and even heated floors.

HOW OLD IT IS

The first homes were built around the time of Augustus, just before Jesus was

born. Families lived in them, remodeling again and again, for about 250 years, until earthquakes destroyed them in the AD 200s. So they were lived in when Paul was in Ephesus.

WHERE THE CHURCH MET

A house like this, with a big open courtyard, could hold maybe 30 to 50 people. That is how big many early churches were. In Ephesus the church met in the house of Priscilla and Aquila, 1 Corinthians 16:19. Wealthy believers opened their homes, and slaves and masters ate at the same table.

WHAT A HOUSE CHURCH WAS LIKE

They shared a meal, the Lord's Supper, sang psalms and hymns, 5:19, read letters from apostles out loud, prayed and used their gifts, 1 Corinthians 14:26. Everyone was family, members of God's household, 2:19.

WHERE IT IS TODAY

In the ruins of Ephesus, near Selçuk, Turkey, under a protective roof opened in 2000. Visitors walk on glass walkways above the rooms.

WHAT IT CONFIRMS

Ephesus had large homes like the ones the New Testament says churches met in.

WHAT IT DOES NOT PROVE

No one knows if a church ever met in these exact homes, or where Priscilla and Aquila lived.

FIELD NOTES · ARCHAEOLOGY · CONFIDENCE: HIGH

THE DURA EUROPOS HOUSE CHURCH

EPHESIANS 2:19 TO 22 · MARK 2:1 TO 12



Jesus heals a paralyzed man, who walks away carrying his bed. Wall painting from the baptism room of the Dura Europos church, now at Yale University Art Gallery.

WHAT IT IS

A normal house in a Roman border town on the Euphrates River in Syria that believers remodeled into a church. They knocked out a wall to make a meeting room for about 60 people and turned a small room into a baptism room with a pool. Its walls were painted with Bible stories: the Good Shepherd, Adam and Eve, Jesus healing a paralyzed man, Jesus and Peter walking on water, and the women coming to the tomb.

HOW OLD IT IS

A date scratched into the house says it was built about AD 232. It became a church soon after, about AD 240. About AD 256 the Persians attacked. The Romans filled the houses along the city wall with dirt to make the wall stronger, which buried the church and saved it.

HOW IT WAS FOUND

British soldiers digging trenches found painted walls in 1920. Yale University and French scholars dug there from 1928 to 1937. The baptism room was taken apart and rebuilt in a museum at Yale.

AN EARLY PICTURE OF JESUS

The painting of Jesus healing the paralyzed man, Mark 2, is one of the oldest pictures of Jesus anyone has found. He looks like a young man in a simple robe, not the long haired figure of later art.

WHERE IT IS TODAY

The baptism room is at the Yale University Art Gallery in New Haven, Connecticut. The site in Syria was badly looted during the war that began in 2011.

WHAT IT CONFIRMS

The early church met in homes, and believers turned a home into a place to gather, baptize and remember Jesus.

WHAT IT DOES NOT PROVE

It was not the first church ever. It is just the oldest house church anyone has found.

DEBATED · FIELD NOTES · ARCHAEOLOGY · CONFIDENCE: HIGH FOR THE FIND · DATE DEBATED

THE MEGIDDO PRAYER HALL

EPHESIANS 2:19 TO 22 · JOHN 20:28



The Akeptous inscription in the floor of the Megiddo prayer hall: offered the table to God Jesus Christ. Photo Vesafis Tzferis, CC BY SA 4.0.

WHAT IT IS

The mosaic floor of an early Christian prayer hall, found in 2005 at Kefar Othnay near Megiddo, Israel, when prisoners dug for a new building at Megiddo Prison. The floor has geometric patterns, a picture of two fish and three Greek inscriptions.

HOW OLD IT IS

The archaeologist who dug it, Yotam Tepper, dated it about AD 230, which would make it one of the oldest Christian buildings ever found. Other scholars think it is a little later, late 200s or early 300s. The date is still debated.

TO GOD JESUS CHRIST

The most famous inscription says: The God loving Akeptous has offered the table to God Jesus Christ as a memorial. The table was probably for the

Lord's Supper. It is one of the oldest inscriptions anywhere that calls Jesus God, just like Thomas did, My Lord and my God, John 20:28.

WOMEN AND A SOLDIER

Akeptous was a woman, and another inscription remembers four more women by name. A third says a Roman army officer named Gaius paid for the mosaic. Soldiers and women, rich and poor, worshiped together, just like the one family of 2:19.

WHERE IT IS TODAY

It was found on the grounds of Megiddo Prison, where it has mostly stayed, covered for protection. Parts of it have been shown in museums abroad.

WHAT IT CONFIRMS

Long before Christianity was legal, believers worshiped Jesus as God and set aside a room to do it.

WHAT IT DOES NOT PROVE

Because the date is debated, no one can say for sure it is the very oldest church building.

FIELD NOTES · ARCHAEOLOGY · CONFIDENCE: HIGH
FOR THE SYMBOL · LOW FOR THE SECRET CODE
STORY

THE FISH

EPHESIANS 2:19 TO 22 · MARK 6:41 · HEBREWS 6:19



Top left: the gravestone of Licinia Amias, Rome, early 200s. Top right: the fish and bread mosaic at Tabgha by the Sea of Galilee, about AD 480. Bottom: ICHTHYS and the fish wheel carved at Ephesus, lines traced in red for visitors. Bottom photo David Bjorgen, CC BY SA 3.0.

WHAT IT IS

Three real Christian fish from three different centuries. Top left: the marble gravestone of a woman named Licinia Amias, from a cemetery near the Vatican in Rome. It shows two fish facing an anchor and the Greek words ICHTHYS ZONTON, Fish of the living. Top right: a floor mosaic of two fish beside a basket of bread at the Church of the Multiplication at Tabgha, where tradition says Jesus fed the 5,000. Bottom: the word ICHTHYS carved into a marble slab in Ephesus, next to a wheel made by stacking its five letters on top of each other.

HOW OLD IT IS

The gravestone is from the early 200s, while the faith was still illegal, so it is one of the oldest Christian inscriptions anywhere. The Tabgha mosaic is from about AD 480, long after the faith became legal. The Ephesus carving has no exact date and is probably from the 300s or later. About AD 200, Clement of Alexandria told Christians to put a fish on their seal rings.

DETAILS TO LOOK FOR

The D M at the top of the gravestone is a pagan Roman phrase, to the spirits of the dead. Stone carvers put it on almost every grave, and some Christians kept it. The anchor is the Christian sign of hope, Hebrews 6:19. In the Tabgha basket there are only four loaves, because the fifth loaf is the altar stone right above it.

WHAT ICHTHYS MEANS

The five Greek letters stand for Iesous Christos Theou Huios Soter: Jesus Christ, God's Son, Savior. A whole creed in one word. It also recalled Jesus feeding the crowds with bread and fish, Mark 6:41.

THE SECRET CODE STORY

You may have heard that a Christian would draw one curve in the sand, and if the stranger drew the other curve, they knew they were both on Team Jesus. It is a great story, but no ancient writer tells it. It comes from a guess made in the 1800s and the 1951 movie

THE HEART | NOTABLE

Quo Vadis. The fish is real and very old. The secret handshake is probably a legend. And the simple two line fish on cars today only became popular in the 1970s. The first Christians carved real looking fish, like the ones on this page.

3

CHAPTER 3 IN 30 SECONDS

Paul is in prison, but he calls himself a prisoner of Christ. God's secret plan is out: Gentiles are equal heirs with Israel. Paul prays you would grasp how wide and long and high and deep the love of Christ is. God can do far more than all you ask or imagine.

THE MYSTERY OF THE GOSPEL

¹For this reason I, Paul, the prisoner of Christ Jesus for the sake of you Gentiles...

²Surely you have heard about the stewardship of God's grace that was given to me for you, ³that is, the mystery made known to me by revelation, as I have already written briefly. ⁴In reading this, then, you will be able to understand my insight into the mystery of Christ, ⁵which was not made known to men in other generations as it has now been revealed by the Spirit to God's holy apostles and prophets. ⁶This mystery is that through the gospel the Gentiles are fellow heirs, fellow members of the body, and fellow partakers of the promise in Christ Jesus.

⁷I became a servant of this gospel by the gift of God's grace, given me through the working of His power. ⁸Though I am less than the least of all the saints, this grace was given me: to preach to the Gentiles the unsearchable riches of Christ, ⁹and to illuminate for everyone the stewardship of this mystery, which for ages past was kept hidden in God, who created all things. ¹⁰His purpose was that now, through the church, the manifold wisdom of God should be made known to the rulers and authorities in the heavenly realms, ¹¹according to the eternal purpose that He accomplished in Christ Jesus our Lord.

¹²In Him and through faith in Him we may enter God's presence with boldness and confidence. ¹³So I ask you not to be discouraged because of my sufferings for you, which are your glory.

PAUL'S PRAYER FOR THE EPHESIANS

¹⁴... for this reason I bow my knees before the Father, ¹⁵from whom every family in heaven and on earth derives its name. ¹⁶I ask that out of the riches of His glory He may strengthen you with power through His Spirit in your inner being, ¹⁷so that Christ may dwell in your hearts through faith. Then you, being rooted and grounded in love, ¹⁸will have power, together with all the saints, to comprehend the length and width and height and depth ¹⁹of the love of Christ, and to know this love that surpasses knowledge, that you may be filled with all the fullness of God.

²⁰Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us, ²¹to Him be the glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

4

CHAPTER 4 IN 30 SECONDS

Now Paul switches from who you are to how you walk. Keep the unity of the Spirit. Jesus gave apostles, prophets, evangelists, pastors and teachers to equip you, so you grow up and stop getting tossed around. Take off the old self, put on the new. Be angry but do not sin. Be kind and forgive.

UNITY IN THE BODY // PSALM 133:1-3; 1 CORINTHIANS 1:10-17

¹As a prisoner in the Lord, then, I urge you to walk in a manner worthy of the calling you have received: ²with all humility and gentleness, with patience, bearing with one another in love, ³and with diligence to preserve the unity of the Spirit through the bond of peace.

■ EPH 3:17 [HEART] Paul prays that Christ may dwell in your hearts through faith.

■ EPH 3:20 [NOTABLE] Paul runs out of words. God can do more than you ask, and more than you can even imagine, and He does it by His power already at work in you. The KJV says exceeding abundantly above all that we ask or think.

MESSIANIC PROPHECIES THE HEART OLD TESTAMENT QUOTED IN THE NEW NOTABLE

⁴ There is one body and one Spirit, just as you were called to one hope when you were called; ⁵ one Lord, one faith, one baptism; ⁶ one God and Father of all, who is over all and through all and in all.

⁷ Now to each one of us grace has been given according to the measure of the gift of Christ. **⁸ This is why it says:**

*"When He ascended on high,
He led captives away,
and gave gifts to men."*

⁹ What does "He ascended" mean, except that He also descended to the lower parts of the earth? ¹⁰ He who descended is the very One who ascended above all the heavens, in order to fill all things.

¹¹ And it was He who gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers, ¹² to equip the saints for works of ministry and to build up the body of Christ, ¹³ until we all reach unity in the faith and in the knowledge of the Son of God, as we mature to the full measure of the stature of Christ.

¹⁴ Then we will no longer be infants, tossed about by the waves and carried around by every wind of teaching and by the clever cunning of men in their deceitful scheming. ¹⁵ Instead, speaking the truth in love, we will in all things grow up into Christ Himself, who is the head. ¹⁶ From Him the whole body, fitted and held together by every supporting ligament, grows and builds itself up in love through the work of each individual part.

NEW LIFE IN CHRIST // COLOSSIANS 3:1-17

¹⁷ So I tell you this, and insist on it in the Lord, that you must no longer walk as the Gentiles do, in the futility of their thinking.

¹⁸ They are darkened in their understanding and alienated from the life of God because of the ignorance that is in them due to the hardness of their hearts. ¹⁹ Having

lost all sense of shame, they have given themselves over to sensuality for the practice of every kind of impurity, with a craving for more.

²⁰ But this is not the way you came to know Christ. ²¹ Surely you heard of Him and were taught in Him—in keeping with the truth that is in Jesus— ²² to put off your former way of life, your old self, which is being corrupted by its deceitful desires; ²³ to be renewed in the spirit of your minds; ²⁴ and to put on the new self, created to be like God in true righteousness and holiness.

DEBATED THE BIG QUESTION

THE FIVEFOLD MINISTRY

(God's Org Chart)

EPHESIANS 4:7 TO 16 · 2:20

WHAT PAUL SAID

When Jesus went back to heaven, He gave gifts to His people, 4:8. The gifts are people: apostles, prophets, evangelists, pastors and teachers, 4:11. Their job is not to do all the work. It is to equip the saints for works of ministry, 4:12, until we all reach unity and grow up into Christ, 4:13. Continuists call this list the fivefold ministry. Over all of it, Jesus Himself is the chief cornerstone, 2:20.

FIVE OR FOUR?

In the Greek, apostles, prophets and evangelists each get their own word the. But pastors and teachers share just one: the pastors and teachers, like one team. So some say it is really a fourfold ministry, with pastor and teacher as one job. Most Greek scholars say the two are tied together but not exactly the same: every pastor is a teacher, but not every teacher is a pastor. A shepherd who cannot teach cannot feed the sheep.

THE HAND PICTURE

Many teachers use your hand. The thumb is the apostle, because it can touch every other finger. The pointer is the prophet, pointing the way. The middle finger is the evangelist, reaching farthest out. The ring finger is the pastor, married to the flock. The pinky is the teacher, small enough to get into the ear. It is a picture, not a verse, but it sticks.

■ EPH 4:8 [FULFILLS] He would ascend on high and give gifts to men ← PS 68:18 p.~

■ EPH 4:11 [NOTABLE] The fivefold ministry. Jesus gave apostles, prophets, evangelists, pastors and teachers to His church, and their job is to equip every believer to do the ministry. See The Fivefold Ministry pages.

■ EPH 4:18 [HEART] The Gentiles are cut off from God because of the hardness of their hearts.

APOSTLE: THE ONE WHO IS SENT

Apostle means sent one. An apostle is sent to start something new: a church, a ministry, a work in a new place, like Paul planting churches across the Roman world. Many teachers say an apostle can work in all five gifts when needed. Paul called himself a preacher, an apostle and a teacher, 2 Timothy 1:11. Some today also speak of marketplace apostles, people sent to build businesses that fund and spread the gospel, like Paul the tentmaker, Acts 18:3. That is a modern way of saying it, not a Bible term.

PROPHET: THE WATCHMAN

A prophet hears from God and speaks it. Sometimes that means telling the future, like Agabus, who warned of a famine and of Paul's arrest, Acts 11:28 and 21:10 to 11. Sometimes it means exposing what is hidden, so the secrets of a heart come out, 1 Corinthians 14:24 to 25, and warning against deception. Prophets work side by side with apostles, 2:20. Every prophecy gets weighed, 1 Corinthians 14:29.

STRANGE AND HEAVY

Prophets are often unusual people who carry heavy burdens. Isaiah walked barefoot and stripped for three years, Isaiah 20:2 to 3. Ezekiel lay on his side for 390 days, Ezekiel 4:4 to 6. Hosea married an unfaithful wife. Jeremiah wore an ox yoke and was thrown into a muddy pit. John the Baptist ate locusts. Many go through pain most people could never imagine.

EVANGELIST: THE MARKETING DEPARTMENT

An evangelist gets the good news out and brings people in. Philip the evangelist led a city in Samaria to Jesus, then one man on a desert road, Acts 8 and 21:8. If the church were a company, the evangelist would be marketing. Paul told Timothy, do the work of an evangelist, 2 Timothy 4:5.

PASTOR: THE SHEPHERD

Pastor means shepherd. A shepherd feeds, leads, protects and counsels the flock. Jesus is the Good Shepherd, John 10:11, and the Chief Shepherd, 1 Peter 5:4. Paul told the Ephesian elders, shepherd the church of God, Acts 20:28.

TEACHER: THE TRANSLATOR

A teacher breaks the Bible down so anyone can get it, idiot proof. Priscilla and Aquila explained the way of God more accurately to Apollos, Acts 18:26. Teachers will be judged more strictly, James 3:1.

Apostles and Prophets Today?

EPHESIANS 2:20 · 4:11 TO 13 · ACTS 1:21 TO 22

THE CESSATIONIST SIDE

Cessationists believe the offices of apostle and prophet ended with the first generation. An apostle had to be an eyewitness of the risen Jesus, Acts 1:21 to 22 and 1 Corinthians 9:1, and Paul called himself the last of all to see Him, 1 Corinthians 15:8. The church is built on the foundation of the apostles and prophets, 2:20, and you only lay a foundation once. Now we have the finished Bible. Most cessationists gladly keep evangelists, pastors and teachers, and some call missionaries apostles in a small sense, sent ones.

THE CONTINUIST SIDE

Continuists point to 4:13: these gifts last until we all reach unity and full maturity, and that has not happened yet. Paul was writing to ordinary believers in Ephesus, none of them part of the Twelve, about gifts Christ gives His church. The Bible calls others apostles too: Barnabas, Acts 14:14, James the brother of Jesus, Galatians 1:19, Andronicus and Junia, Romans 16:7, and Silas and Timothy, 1 Thessalonians 2:6. The Twelve had a role nobody can repeat, Revelation 21:14, but the gift of being sent did not stop.

WHAT THE EARLY CHURCH SAID

About AD 100, a church manual called the Didache gave rules for traveling apostles and prophets: welcome an apostle like the Lord, but if he stays three days or asks for money, he is a false prophet. So apostles and prophets were still around after the Twelve. Even John Calvin, a hero of the cessationist side, wrote in 1559 that God still occasionally raises them up when the times require it, and that He had raised up

MESSIANIC FORESHADOW DEMONIC OLD TESTAMENT QUOTED IN THE NEW NOTABLE

apostles, or at least evangelists, in Calvin's own day.

WHERE THE WORD CAME FROM

The phrase fivefold ministry took off with the Latter Rain revival in Canada in 1948, then spread through the charismatic movement. The Assemblies of God rejected Latter Rain in 1949. Today it says apostolic and prophetic ministry still works, but it does not give anyone the title apostle or prophet.

WHO IS THE PASTOR ACCOUNTABLE TO?

The New Testament put a team of elders in every church, Acts 14:23, not one man alone. Without apostles and prophets, many pastors today answer to no one. Many believe that is why God often places prophetic people on elder and deacon boards, even when nobody calls them prophets.

A WORD OF CAUTION

Since the 1990s, some groups have named their own apostles and prophets who demand loyalty, money or obedience. Titles are not the point. Real apostles serve. Real prophets point to Jesus. Test them all, 1 John 4:1, just as Jesus praised the Ephesians for testing false apostles, Revelation 2:2.

THE POINT

Whatever you call them, the goal never changes: equip every believer for ministry, 4:12, so the whole body grows up into Jesus, the Head, 4:15 to 16.

²⁵ Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one another. ²⁶ "Be angry, yet do not sin." Do not let the sun set upon your anger, ²⁷ and do not give the devil a foothold.

²⁸ He who has been stealing must steal no longer, but must work, doing good with his own hands, that he may have something to share with the one in need.

²⁹ Let no unwholesome talk come out of your mouths, but only what is helpful for building up the one in need and bringing grace to those who listen.

³⁰ And do not grieve the Holy Spirit of God, in whom you were sealed for the day of redemption.

³¹ Get rid of all bitterness, rage and anger, outcry and slander, along with every form of malice. ³² Be kind and tenderhearted to one another, forgiving each other just as in Christ God forgave you.

5

CHAPTER 5 IN 30 SECONDS

Copy God like a kid copies a parent. Walk in love and walk in the light. Make the most of your time. Do not get drunk on wine. Be filled with the Spirit instead. Submit to one another. Wives and husbands get a picture of Christ and the church: love that gives everything.

IMITATORS OF GOD

¹ Be imitators of God, therefore, as beloved children, ² and walk in love, just as Christ loved us and gave Himself up for us as a fragrant sacrificial offering to God.

³ But among you, as is proper among the saints, there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed. ⁴ Nor should there be obscenity, foolish talk, or crude joking, which are out of character, but rather thanksgiving. ⁵ For of this you can be sure: No immoral, impure, or greedy person (that is, an idolater) has any inheritance in the kingdom of Christ and of God.

⁶ Let no one deceive you with empty words, for because of such things the wrath of God is coming on the sons of disobedience. ⁷ Therefore do not be partakers with them.

CHILDREN OF LIGHT

⁸ For you were once darkness, but now you are light in the Lord. Walk as children of light, ⁹ for the fruit of the light consists in all goodness, righteousness, and truth. ¹⁰ Test and prove what pleases the Lord.

¹¹ Have no fellowship with the fruitless deeds of darkness, but rather expose them. ¹² For it is shameful even to mention

■ EPH 4:25 [QUOTES] Quotes ← ZECH 8:16 p.-

■ EPH 4:26 [QUOTES] Direct ← PS 4:4 p.-

■ EPH 4:29 [NOTABLE] Your words can build people up or tear them down. Mean talk, bitterness and rage grieve the Holy Spirit, so the Spirit has feelings. The cure is to

forgive the way God forgave you: fully, and before you deserved it.

■ EPH 5:2 [FULFILLS] The burnt offering was a pleasing aroma to Yahweh ← LEV 1:9 p.-

■ EPH 5:5 [DEMONIC] A greedy person is an idolater with no inheritance

MESSIANIC FORESHADOW THE HEART OLD TESTAMENT QUOTED IN THE NEW NOTABLE

what the disobedient do in secret. ¹³ But everything exposed by the light becomes visible, for everything that is illuminated becomes a light itself. ¹⁴ So it is said:

“Wake up, O sleeper,
rise up from the dead,
and Christ will shine on you.”

¹⁵ Pay careful attention, then, to how you walk, not as unwise but as wise, ¹⁶ re-deeming the time, because the days are evil. ¹⁷ Therefore do not be foolish, but understand what the Lord's will is. ¹⁸ Do not get drunk on wine, which leads to reckless indiscretion. Instead, be filled with the Spirit.

¹⁹ Speak to one another with psalms, hymns, and spiritual songs. Sing and make music in your hearts to the Lord, ²⁰ always giving thanks to God the Father for everything in the name of our Lord Jesus Christ.

WIVES AND HUSBANDS // SONG OF SOLOMON 1:1-17; 1 PETER 3:1-7

²¹ Submit to one another out of reverence for Christ.

²² Wives, submit to your husbands as to the Lord. ²³ For the husband is the head of the wife as Christ is the head of the church, His body, of which He is the Savior. ²⁴ Now as the church submits to Christ, so also wives should submit to their husbands in everything.

²⁵ Husbands, love your wives, just as Christ loved the church and gave Himself

- **EPH 5:14 [ALLUDES TO]** Refers to ← IS 60:1 p.-
- **EPH 5:15 [NOTABLE]** Redeeming the time means buying it back, like a shopper who grabs a deal before it is gone. Every day brings chances to do good, and once they pass they do not come back. Time is the one thing you cannot make more of, so spend it on what lasts.
- **EPH 5:18 [NOTE] UNDER THE INFLUENCE.** Paul compares two ways to be under the influence. Wine leads to reckless living. The Spirit leads to singing, thankfulness and serving each other, 5:19 to 21. At Pentecost, people thought the apostles were drunk, Acts 2:13 and 2:15. In Greek, be filled means keep on being filled. It is a daily habit, not a one time event.
- **EPH 5:19 [HEART]** Sing and make music in your heart to the Lord.
- **EPH 5:21 [NOTE] SUBMIT TO ONE ANOTHER.** Read 5:21 first. In the oldest copies, 5:22 has no verb of its own. It borrows submit from 5:21: wives, to your husbands. So submission starts as something every believer does. Then Paul gives husbands the harder job: love your wife the way Christ loved the church and died for her, 5:25. In Paul's world that was radical. Others read it as a clear order in the home, the husband leading as a servant and the wife following, both under Christ.

up for her ²⁶ to sanctify her, cleansing her by the washing with water through the word, ²⁷ and to present her to Himself as a glorious church, without stain or wrinkle or any such blemish, but holy and blameless.

²⁸ In the same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. ²⁹ Indeed, no one ever hated his own body, but he nourishes and cherishes it, just as Christ does the church. ³⁰ For we are members of His body.

³¹ “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.” ³² This mystery is profound, but I am speaking about Christ and the church. ³³ Nevertheless, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

6

CHAPTER 6 IN 30 SECONDS

Kids, obey your parents. Fathers, do not make your kids angry. Workers, serve like Jesus is your boss, and bosses, remember you have a Boss too. Then suit up: our fight is not against people but against spiritual forces of evil. Put on the whole armor of God and pray at all times.

CHILDREN AND PARENTS // COLOSSIANS 3:18-21

¹ Children, obey your parents in the Lord, for this is right. ² “Honor your father and mother” (which is the first commandment with a promise), ³ “that it may go well with you and that you may have a long life on the earth.”

⁴ Fathers, do not provoke your children to wrath; instead, bring them up in the discipline and instruction of the Lord.

SERVING WITH HONOR // COLOSSIANS 3:22-25; 1 TIMOTHY 6:1-2

⁵ Slaves, obey your earthly masters with respect and fear and sincerity of heart,

- **EPH 5:25 [FULFILLS]** The Altogether Lovely One ← SONG 5:16 · MEDIUM p.-
- **EPH 5:25 [FULFILLS]** ‘Your Maker is your husband’ ← IS 54:5 · MEDIUM p.-
- **EPH 5:31 [QUOTES]** Direct ← GEN 2:24 p.-
- **EPH 5:32 [FULFILLS]** The Altogether Lovely One ← SONG 5:16 · MEDIUM p.-
- **EPH 5:32 [FULFILLS]** ‘Your Maker is your husband’ ← IS 54:5 · MEDIUM p.-
- **EPH 6:2 [QUOTES]** Direct ← EX 20:12; DT 5:16 p.-

DEMONIC

just as you would obey Christ. ⁶ And do this not only to please them while they are watching, but as servants of Christ, doing the will of God from your heart. ⁷ Serve with good will, as to the Lord and not to men, ⁸ because you know that the Lord will reward each one for whatever good he does, whether he is slave or free. ⁹ And masters, do the same for your slaves. Give up your use of threats, because you know that He who is both their Master and yours is in heaven, and there is no favoritism with Him.

THE FULL ARMOR OF GOD

¹⁰ Finally, be strong in the Lord and in His mighty power. ¹¹ Put on the full armor of God, so that you can make your stand against the devil's schemes. ¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this world's darkness, and against the spiritual forces of evil in the heavenly realms.

¹³ Therefore take up the full armor of God, so that when the day of evil comes, you will be able to stand your ground, and having done everything, to stand. ¹⁴ Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness arrayed, ¹⁵ and with your feet fitted with the readiness of the gospel of peace. ¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷ And take the helmet of salvation and the sword of the Spirit, which is the word of God.

¹⁸ Pray in the Spirit at all times, with every kind of prayer and petition. To this end, stay alert with all perseverance in your prayers for all the saints. ¹⁹ Pray also for me, that whenever I open my mouth, words may be given me so that I will boldly make known the mystery of the gospel, ²⁰ for which I am an ambassador in chains. Pray that I may proclaim it fearlessly, as I should.

FINAL GREETINGS // PHILIPPIANS 4:21-23; 2 TIMOTHY 4:19-22

²¹ Tychicus, the beloved brother and faithful servant in the Lord, will tell you everything, so that you also may know about me and what I am doing. ²² I have sent him to you for this very purpose, that you may know about us, and that he may encourage your hearts.

²³ Peace to the brothers and love with faith from God the Father and the Lord Jesus Christ.

²⁴ Grace to all who love our Lord Jesus Christ with an undying love.

■ **EPH 6:5 [NOTE] SLAVES.** Roman slavery was not based on skin color, and some slaves were doctors or teachers who could earn their freedom, but people were still bought, sold and beaten. Paul did not start a revolt, but he planted seeds that would end it. He told masters to stop threatening, because they have the same Master in heaven, 6:9. He called slave traders lawbreakers, 1 Timothy 1:10, and asked Philemon to welcome a runaway slave as a brother. Centuries later, Christians like William Wilberforce fought slavery with these truths. Today, apply it at work: do your job as if Jesus is your boss, 6:7.

■ **EPH 6:10 [DEMONIC]** Spiritual warfare — wrestling against principalities, powers, world rulers of darkness

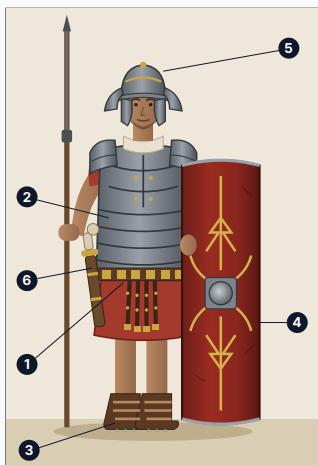
■ **EPH 6:13 [NOTE]** See The Armor of God box on the last page of Ephesians.

■ **EPH 6:14 [ALLUDES TO]** Refers to ← IS 11:5; 59:17 p.-

■ **EPH 6:15 [ALLUDES TO]** Refers to ← IS 52:7 p.-

■ **EPH 6:17 [ALLUDES TO]** Refers to ← IS 59:17 p.-

The Armor of God



A Roman legionary in Paul's day, about AD 60, drawn for this Bible from real finds. The numbers match the list below.

PAUL'S VIEW. Paul wrote this chained to a Roman soldier, Acts 28:16, an ambassador in chains, 6:20. He had armor in front of him all day.

1 BELT OF TRUTH. It held everything in place and carried the sword.

2 BREASTPLATE OF RIGHTEOUSNESS. It guarded the heart.

3 SHOES OF PEACE. Hobnailed sandals gave grip so he would not slip.

4 SHIELD OF FAITH. Paul's word means a shield shaped like a door, big enough to hide behind. The only one ever found whole, from Dura Europos, about AD 256, is at Yale.

5 HELMET OF SALVATION. It protects the mind.

6 SWORD OF THE SPIRIT. The short sword for close fighting: the word of God.

GOD WORE IT FIRST. Isaiah 59:17 pictures God in the breastplate and helmet. It is His armor, loaned to us.

STAND AND PRAY. Paul says stand four times, 6:11 to 14, and there is no armor for the back. It all works with prayer, 6:18.