

Ephesians 4:1-16

v1 – urge	(verb)	strongly encourage, beg
v1 – worthy	(adjective)	deserving of
v1 – calling	(noun)	the act of God to invite people to believe and follow him
v2 – humble	(adjective)	not thinking too highly of yourself
v2 – gentle	(adjective)	kind, not rough or violent
v2 – bearing with	(phrasal verb)	being patient with; putting up with
v3 – unity	(noun)	oneness; the state of different parts being joined together as a single unit
v3 – bond	(noun)	strong connection or relationship
v4 – Spirit	(proper noun)	the Holy Spirit. Christians believe in one God who is Three Persons – Father, Son and Holy Spirit.
v5 – faith	(noun)	belief in God
v5 – baptism	(noun)	the act of washing someone with water as a symbol that the person has put their trust in Jesus and their sins are forgiven.
v7 – grace	(noun)	undeserved kindness. The act of giving someone a good thing that they don't deserve.
v7 – apportioned	(verb)	divided, distributed
v8 – ascended	(verb)	went upwards
v8 – captives	(noun)	prisoners
v8 – 'in his train'		after him
v9 – descended	(verb)	went downwards
v9 – regions	(noun)	areas
v10 – the heavens	(noun)	the skies
v10 – universe	(noun)	everything that exists
v11 – apostles	(noun)	people who were eyewitnesses of the life of Jesus and who was appointed by Jesus to tell others about him.
v11 – prophets	(noun)	people who receive God's word and speak it to God's people
v11 – evangelists	(noun)	people who tell others the good news of being made right with God through Jesus
v11 – pastors	(noun)	people appointed to care for and serve God's people
v13 – mature	(adjective)	fully developed; reached a state of complete development
v13 – attaining to	(phrasal verb)	gain or achieve something
v13 – measure	(noun)	a standard for comparison
v14 – infants	(noun)	young children
v14 – tossed	(verb)	thrown around
v14 – 'back and forth'		in this direction then in another direction rapidly
v14 – cunning	(noun)	use of clever methods to achieve something
v14 – craftiness	(noun)	doing clever and often deceptive things to get the outcome that you want
v14 – deceitful	(adjective)	deliberately designed to trick you and lead you into what is not true
v14 – scheming	(noun)	making secret plans
v16 – ligament	(noun)	a strand of fibrous tissue that joins two bones together in the body

Ephesians 4:1-16 (New International Reader's Version)

¹I am a prisoner because of the Lord. So I am asking you to live a life worthy of what God chose you for. ²Don't be proud at all. Be completely gentle. Be patient. Put up with one another in love. ³The Holy Spirit makes you one in every way. So try your best to remain as one. Let peace keep you together. ⁴There is one body and one Spirit. You were appointed to one hope when you were chosen. ⁵There is one Lord, one faith and one baptism. ⁶There is one God and Father of all. He is over everything. He is through everything. He is in everything.

⁷But each one of us has received a gift of grace. These gifts are given to us by Christ. ⁸That is why Scripture says,

"When he went up to his place on high,
he took many prisoners.
He gave gifts to his people."

⁹What does "he went up" mean? It can only mean that he also came down to the lower, earthly places. ¹⁰The one who came down is the same one who went up. He went up higher than all the heavens. He did it in order to fill all creation. ¹¹So Christ himself gave the gift of the apostles to the church. He gave the prophets and those who preach the good news. And he also gave the pastors and teachers as a gift to the church. ¹²He gave all these people so that they might prepare God's people to serve. Then the body of Christ will be built up. ¹³That will continue until we all become one in the faith. We will also become one in the knowledge of God's Son. Then we will be grown up in the faith. We will receive everything that Christ has for us.

¹⁴We will no longer be babies in the faith. We won't be like ships tossed around by the waves. We won't be blown here and there by every new teaching. We won't be blown around by cleverness and tricks. Certain people use them to hide their evil plans. ¹⁵Instead, we will speak the truth in love. So we will grow up in every way to become the body of Christ. Christ is the head of the body. ¹⁶He makes the whole body grow and build itself up in love. Under the control of Christ, each part of the body does its work. It supports the other parts. In that way, the body is joined and held together.

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