

¹I therefore, the prisoner of the Lord, beseech you that ye walk worthy of the vocation wherewith ye are called,²With all lowliness and meekness, with longsuffering, forbearing one another in love;³Endeavouring to keep the unity of the Spirit in the bond of peace.⁴There is one body, and one Spirit, even as ye are called in one hope of your calling;⁵One Lord, one faith, one baptism,⁶One God and Father of all, who is above all, and through all, and in you all.⁷But unto every one of us is given grace according to the measure of the gift of Christ.⁸Wherefore he saith, When he ascended up on high, he led captivity captive, and gave gifts unto men.⁹(Now that he ascended, what is it but that he also descended first into the lower parts of the earth?¹⁰He that descended is the same also that ascended up far above all heavens, that he might fill all things.)¹¹And he gave some, apostles; and some, prophets; and some, evangelists; and some, pastors and teachers;¹²For the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ:¹³Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ:¹⁴That we henceforth be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, whereby they lie in wait to deceive;¹⁵But speaking the truth in love, may grow up into him in all things, which is the head, even Christ:¹⁶From whom the whole body fitly joined together and compacted by

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¹فَأَطْلُبُ إِلَيْكُمْ، أَنَا الْأَسِيرُ فِي الرَّبِّ، أَنْ تَسْلُكُوا كَمَا يَحِقُّ لِلدُّعْوَةِ الَّتِي دُعِيتُمْ بِهَا،²بِكُلِّ تَوَاضِعٍ وَوَدَاعَةٍ وَبَطُولِ أَنَاةٍ، مُخْتَمِلِينَ بَعْضُكُمْ بَعْضًا فِي الْمَحَبَّةِ،³مُجْتَهِدِينَ أَنْ تَحْفَظُوا وَحْدَانِيَّةَ الرُّوحِ بِرِبَاطِ السَّلَامِ.⁴جَسَدٌ وَاحِدٌ وَرُوحٌ وَاحِدٌ، كَمَا دُعِيتُمْ أَيْضًا فِي رَجَاءِ دُعْوَتِكُمُ الْوَاحِدِ،⁵رَبٌّ وَاحِدٌ، إِيْمَانٌ وَاحِدٌ، مَعْمُودِيَّةٌ وَاحِدَةٌ، إِلَهُ وَابٌّ وَاحِدٌ لِلْكُلِّ، الَّذِي عَلَى الْكُلِّ وَبِالْكُلِّ وَفِي كُلِّكُمْ.⁷وَلَكِنْ لِكُلِّ وَاحِدٍ مِنَّا أُعْطِيَتِ النِّعْمَةُ حَسَبَ قِيَاسِ هَيْئَةِ الْمَسِيحِ.⁸لِذَلِكَ يَقُولُ: "إِذْ صَعِدَ إِلَى الْعِلَاءِ سَبَى سَبِيًّا وَأَعْطَى النَّاسَ عَطَايَا".⁹وَأَمَّا أَنَّهُ صَعِدَ، فَمَا هُوَ إِلَّا أَنَّهُ تَرَلَّ أَيْضًا أَوَّلًا إِلَى أَفْسَامِ الْأَرْضِ السُّفْلَى؟¹⁰الَّذِي تَرَلَّ هُوَ الَّذِي صَعِدَ أَيْضًا فَوْقَ جَمِيعِ السَّمَاوَاتِ لِكَيْ يَمْلَأَ الْكُلَّ.¹¹وَهُوَ أُعْطِيَ الْبَعْضَ أَنْ يَكُونُوا رُشَلًا وَالْبَعْضَ أَنْبِيَاءَ وَالْبَعْضَ مُبَشِّرِينَ وَالْبَعْضَ رُغَاةً وَمُعَلِّمِينَ¹²لِأَجْلِ تَكْمِيلِ الْقِدِّيسِينَ لِعَمَلِ الْخِدْمَةِ، لِئُبْنَانِ جَسَدِ الْمَسِيحِ¹³إِلَى أَنْ تَنْتَهِيَ جَمِيعُنَا إِلَى وَحْدَانِيَّةِ الْإِيْمَانِ وَمَعْرِفَةِ ابْنِ اللَّهِ، إِلَى إِنْسَانٍ كَامِلٍ، إِلَى قِيَاسِ قَامَةِ مِلءِ الْمَسِيحِ،¹⁴كَيْ لَا تَكُونَ فِي مَا بَعْدُ أَطْفَالًا مُضْطَرَبِينَ وَمَحْمُولِينَ بِكُلِّ رِيحٍ تَعْلِيمٍ بِحِيلَةِ النَّاسِ، يَمْكُرُ إِلَى مَكِيدَةِ الصَّلَالِ،¹⁵بَلْ صَادِقِينَ فِي الْمَحَبَّةِ يَنْمُو فِي كُلِّ شَيْءٍ إِلَى ذَاكَ الَّذِي هُوَ الرَّأْسُ، الْمَسِيحُ،¹⁶الَّذِي مِنْهُ كُلُّ الْجَسَدِ مُرَكَّبًا مَعًا وَمُقَرَّبًا بِمُؤَارَرَةٍ كُلِّ مَفْصِلٍ حَسَبَ عَمَلٍ، عَلَى قِيَاسِ كُلِّ جُزْءٍ يَحْصُلُ نُمُو الْجَسَدِ لِئُبْنَانِهِ فِي الْمَحَبَّةِ.

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¹⁷فَأَقُولُ هَذَا وَأَشْهَدُ فِي الرَّبِّ: أَنْ لَا تَسْلُكُوا فِي مَا بَعْدُ كَمَا يَسْلُكُ سَائِرُ الْأُمَمِ أَيْضًا يَبْطُلُ ذِهْنُهُمْ،¹⁸إِذْ هُمْ مُظْلِمُو الْفِكْرِ وَمُتَجَنِّبُونَ عَنْ حَيَاةِ اللَّهِ لِسَبَبِ الْجَهْلِ الَّذِي فِيهِمْ يَسْتَبِ غَلَاظَةُ قُلُوبِهِمْ،¹⁹الَّذِينَ، إِذْ هُمْ قَدْ فَقَدُوا الْجِسْمَ، أَسْلَمُوا نُفُوسَهُمْ لِلدَّعَارَةِ لِيَعْمَلُوا كُلَّ تَجَاسِيَةٍ فِي الطَّمَعِ.²⁰وَأَمَّا أَنْتُمْ فَلَمْ تَتَعَلَّمُوا الْمَسِيحَ هَكَذَا،²¹إِنْ كُنْتُمْ قَدْ سَمِعْتُمُوهُ وَعُلِّمْتُمْ فِيهِ كَمَا هُوَ حَقٌّ فِي يَسُوعَ،²²أَنْ تَخْلَعُوا مِنْ جِهَةِ التَّصَرُّفِ السَّابِقِ الْإِنْسَانِ الْعَتِيقِ الْقَائِدَ بِحَسَبِ شَهَوَاتِ الْغُرُورِ وَتَتَجَدَّدُوا بِرُوحِ ذِهْنِكُمْ²⁴وَتَلْبَسُوا الْإِنْسَانَ الْجَدِيدَ الْمَخْلُوقَ بِحَسَبِ اللَّهِ فِي الْبِرِّ وَقِدَاسَةِ الْحَقِّ.²⁵لِذَلِكَ اطْرَحُوا عَنْكُمْ الْكَذِبَ وَكَلِّمُوا بِالصِّدْقِ، كُلُّ

that which every joint supplieth, according to the effectual working in the measure of every part, maketh increase of the body unto the edifying of itself in love.¹⁷ This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the vanity of their mind,¹⁸ Having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart:¹⁹ Who being past feeling have given themselves over unto lasciviousness, to work all uncleanness with greediness.²⁰ But ye have not so learned Christ;²¹ If so be that ye have heard him, and have been taught by him, as the truth is in Jesus:²² That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts;²³ And be renewed in the spirit of your mind;²⁴ And that ye put on the new man, which after God is created in righteousness and true holiness.²⁵ Wherefore putting away lying, speak every man truth with his neighbour: for we are members one of another.²⁶ Be ye angry, and sin not: let not the sun go down upon your wrath:²⁷ Neither give place to the devil.²⁸ Let him that stole steal no more: but rather let him labour, working with his hands the thing which is good, that he may have to give to him that needeth.²⁹ Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.³⁰ And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption.³¹ Let all bitterness, and wrath, and anger, and clamour, and

وَاجِدِ مَعَ قَرِيبِهِ، لِأَنَّا بَعْضَنَا أَعْضَاءُ الْبَعْضِ.²⁶ اِغْصَبُوا وَلَا تُخْطِئُوا، لَا تَغْرِبِ الشَّمْسُ عَلَى عَيْطِكُمْ وَلَا تُعْطُوا إِبْلِيسَ مَكَانًا.²⁸ لَا يَسْرِقِ السَّارِقُ فِي مَا بَعْدُ بَلْ بِالْحَرِيِّ يَتَعَبُ عَامِلًا الصَّالِحَ يَبْدِيهِ لِيَكُونَ لَهُ أَنْ يُعْطِيَ مَنْ لَهُ اِخْتِيَاجٌ.²⁹ لَا تَخْرُجْ كَلِمَةً رَدِيَّةً مِنْ أَفْوَاهِكُمْ بَلْ كُلُّ مَا كَانَ صَالِحًا لِلْبُنْيَانِ حَسَبَ الْحَاجَةِ، كَيْ يُعْطِيَ نِعْمَةً لِلْسَّامِعِينَ.³⁰ وَلَا تُحْزِنُوا رُوحَ اللَّهِ الْقُدُّوسَ الَّذِي بِهِ خُتِمْتُمْ لِيَوْمِ الْفِدَاءِ.³¹ لِيَرْفَعْ مِنْ بَيْنِكُمْ كُلَّ مَرَارَةٍ وَسَخَطٍ وَغَضَبٍ وَصِيَاحٍ وَتَجْدِيفٍ مَعَ كُلِّ خُبْتٍ،³² وَكُونُوا لُطَفَاءً بَعْضُكُمْ تَحْوِ بَعْضٍ، سَفُوقِينَ، مُتَسَامِحِينَ، كَمَا سَامَحَكُمُ اللَّهُ أَيْضًا فِي الْمَسِيحِ.

evil speaking, be put away from you, with
all malice:³² And be ye kind one to another,
tenderhearted, forgiving one another, even
as God for Christ's sake hath forgiven you.