 In Christ

> I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better.
> — *Ephesians 1:17*

Book: New Testament / Ephesians
Topics: Spirit, understanding, wisdom

Interpretation:
In *Ephesians 1:17, the apostle Paul* writes to the Christians in Ephesus, asking God to give them *“may give you the Spirit of wisdom and revelation, so that you may know him better.”* This request is an expression of his deep desire for the Christians in Ephesus to grow in their knowledge of God.

To better understand this verse, it is important to look at the words that Paul uses. First, it speaks of *“the God of our Lord Jesus Christ.”* This is a declaration of the relationship that exists between God and Jesus Christ. *Jesus is the Son of God*, and He was in perfect fellowship with His heavenly Father. Second, the apostle calls God *“the glorious Father.”* This expression emphasizes God’s divine character and His greatness.

Wisdom and revelation are two different things. Wisdom is the ability to effectively apply knowledge. Revelation, on the other hand, is the act of revealing or revealing something that was not previously understood or known. Therefore, the apostle asks that God give them the ability to use wisdom in their knowledge of Him, and also to reveal to them new truths about His character and His will.

In the Christian life, knowing God is extremely important. It is important not only to understand what God wants from us, but also to have a deeper relationship with Him. Knowing God deeply helps us to trust Him more fully and to be more faithful in our obedience to Him.

Paul’s call to the Christians in Ephesus is not just for them, but for all Christians. We are to desire *“may give you the Spirit of wisdom and revelation, so that you may know him better”* in our own lives. This means that we must be humble and willing to learn from God.

We must also remember that knowing God is not an end in itself. As Christians, we should seek to know Him better so that we can better serve Him. Knowing God should lead us to a life of love and service to others.

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> I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people.
> — *Ephesians 1:18*

Book: New Testament / Ephesians
Topics: hope, Light, receiving, understanding

Interpretation:
Ephesians 1:18 is a verse from the book of Ephesians that calls us to reflect on our knowledge and understanding of our faith in God. This verse tells us about the importance of seeking enlightenment in our minds.

The importance of spiritual enlightenment

Spiritual enlightenment is a very important concept in the Christian faith and refers to our ability to perceive and understand God's commands and teachings. In this verse, we find a call to seek this enlightenment and develop a deeper, more meaningful understanding of our faith.

Hope in our faith

Hope is one of the foundational concepts of the Christian life and means faith in a better future, both in this life and in the next. In *Ephesians 1:18*, we find a mention of this hope, which is presented as the reason why God has called us.

The spiritual enlightenment that we are called to in this verse helps us understand and strengthen our hope in God and His plan for our lives.

The riches of the Inheritance of the saints

Another idea present in this verse is the description of *"the riches of his glorious inheritance in his holy people."* This inheritance refers to the gifts and blessings that God has prepared for those who follow Him and place their faith in Him.

Spiritual enlightenment is of great help in understanding the scope and importance of this inheritance, which goes beyond the material and is enriched by the spiritual and divine.

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> Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.
> *— Ephesians 1:3*

Book: New Testament / Ephesians
Topics: blessing, heaven, praise

Interpretation:
From this verse in *Ephesians 1:3* we can understand that our blessing comes *from the Father, from Jesus Christ*, and from the heavenly realms.

Blessing in Christ

The blessing mentioned in this verse is not temporal but spiritual. It is a blessing greater than any material wealth we may have. The heavenly blessing in Christ is our eternal inheritance through the life, death, and resurrection *of Jesus*.

Superiority of blessing

The Father's blessing surpasses anything we could ask for or imagine. He has given us the greatest blessings through Salvation, *the Holy Spirit*, and adoption *as His children*. The heavenly blessing in Christ is the greatest of all blessings and allows us to enjoy a full life in His presence.

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> In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace.

> — *Ephesians 1:7*

Book: New Testament / Ephesians
Topics: blood, Forgiveness, Savior, sin

Interpretation:
Atonement means deliverance or salvation from a problem or situation from which a person cannot free himself. In a spiritual context, atonement means deliverance from sin and eternal death. The Bible teaches us that we are all sinners and are doomed to eternal death as punishment for our sins.

But *Ephesians 1:7* tells us that *in Christ* we have redemption through His blood. This means that the blood *of Jesus*, shed on the cross, redeems us and sets us free from the bondage of sin and death.

Forgiveness of sins

In addition to atonement, *Ephesians 1:7* also talks about forgiveness of sins. Forgiveness is one of the most important things we can receive in our lives. We have all sinned and need God's forgiveness.

But through the grace of God, we can receive forgiveness of our sins through the blood of Christ. This means that if we believe in Jesus and His sacrifice on the cross, we can be forgiven and cleansed from all our sins.

The riches of His grace

The verse also mentions the riches of God's grace. This grace is a free gift that we receive from God, and we cannot earn it by our own works. The grace of God allows us to receive redemption and forgiveness of sins through the blood of Christ. It is important to remember that everything we have in life is because of the grace of God.

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> For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.
> — *Ephesians 2:10*

Book: New Testament / Ephesians

Topics: beauty, creation, following, Jesus

Interpretation:
Ephesians 2:10 tells us that we are God's workmanship. This means that we were created by God according to a divine purpose. It's important to remember that this doesn't just apply to those who believe in God, but to all of humanity. As humans, we are already God's workmanship.

What were we created for?

The second half of the verse tells us that we were created to do good works. In other words, God has a plan for each of us, and He calls us to fulfill a specific purpose in our lives. This could mean helping others, being a good friend, a good leader, teaching others, and more.

How can we do good works?

Ephesians 2:10 makes it clear that God has already prepared good works for us. However, this doesn't mean that we should just sit back and wait for opportunities to fall into our laps.

We must be mindful and involved in our community, helping others, and being responsive to the needs of others. We must be proactive in seeking out opportunities to do good.

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> But now in Christ Jesus you who once were far away have been brought near by the blood of Christ.
>
> *— Ephesians 2:13*

Book: New Testament / Ephesians
Topics: blood, Jesus, nearness

Interpretation:
To better understand the importance of this verse, we need to know the context in which it is found. *The apostle Paul* wrote the letter to the Ephesians to teach them the truth *about Christ and the church*. In chapter 2, Paul begins by telling them about the condition of the Ephesians before they *met Jesus*: they were dead in trespasses and sins *(Ephesians 2:1)*.

But because of the love and mercy of God, they were saved through faith in Jesus *(Ephesians 2:8-9)*. Paul reminds them that they were saved not by their own works, but by grace. It is in this context that we find this verse in *Ephesians 2:13*.

Intimacy through the blood of Christ

In *Ephesians 2:13*, Paul talks about the great work that *Jesus Christ* accomplished on the cross. It was He who brought us closer to God through His blood. Before meeting Jesus, the Ephesians were far from God, alienated from Him by sin and death. But through Christ's sacrifice on the cross, the gap between God and us was closed.

The blood of Christ gives us access *to the Father*. Paul speaks of this reality in other parts of the Bible, such as *Hebrews 10:19-22*, where we are invited into the Holy of Holies, the throne of God, by the blood of Jesus. It is the blood of Christ that cleanses us from all sin and allows us to approach God with confidence.

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> Consequently, you are no longer foreigners and strangers, but fellow citizens with God's people and also members of his household, built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone.
>
> *— Ephesians 2:19-20*

Book: New Testament / Ephesians
Topics: Church, Jesus, Kingdom, prophecy

Interpretation:
Ephesians 2:19-20 speaks to us about being included in the family of God. Before we knew *Christ*, we were considered outsiders, cut off from God's promise. But through faith in *Jesus*, we become children and members of God's family.

These verses also point out the importance of *apostles and prophets* as the foundation of the Christian faith. These sacred leaders, along with *Jesus Christ* as the cornerstone, are responsible for building up the church and guiding believers in the path of truth and salvation.

Who are Apostles and Prophets?

Apostles are those who have been called and sent by Christ to preach the gospel and establish the church on earth. The Bible mentions the original twelve apostles, chosen by Jesus Christ before His death and resurrection.

Prophets, on the other hand, are those who speak for God and proclaim His message to the people. In the Old Testament, we find several prophets such as *Isaiah, Jeremiah, Ezekiel*, and others who announced the coming of *the Messiah*.

Jesus Christ, the chief cornerstone

The second part of the verses indicates that Jesus Christ is the chief cornerstone of this spiritual structure. This means that He is the main foundation of the Christian faith, and everything that is built on Him must be consistent with His teaching and example.

The chief cornerstone was the fundamental element in the construction of ancient buildings, as it was the one that connected two walls and gave the structure stability and strength. In the same way, Jesus Christ is the link between believers throughout the world and gives strength and unity to the Church.

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> But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved.
>
> *— Ephesians 2:4-5*

Book: New Testament / Ephesians
Topics: grace, Jesus, love, mercy

Interpretation:
The book of Ephesians was written by *the apostle Paul* as a letter to the church in Ephesus while he was imprisoned in Rome. Throughout the letter, Paul speaks of salvation by grace through faith in *Jesus Christ*.

The Bible verses in *Ephesians 2:4-5* tell us a very harsh and difficult reality: *we were dead in sin*. This state of spiritual death is caused by separation from God caused by the original sin *of Adam and Eve*. Since then, mankind has been alienated from God and has lived in darkness.

The love and mercy of God

Ephesians 2:4 is a powerful reminder of God's mercy. The fact that God is rich in mercy means that He has an endless abundance of love and compassion for His people. Not because we have done anything to deserve His love or mercy, but because His love is selfless and He is willing to forgive those who repent.

This verse also highlights the connection between God's love and mercy. God loved us so much that He sent *His Son Jesus* to die for us on the cross. This shows God's great love for us. And because of His great love, He shows us mercy and forgives us of our sins.

The importance of faith in Jesus

The word *"saved"* in *Ephesians 2:5* means that we have been saved from a state of spiritual death. But to receive this salvation, we must believe in *Jesus Christ as Savior*, believe in Him and in His atoning sacrifice on the cross. Only then can we receive eternal life and be reconciled to God.

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> For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast.
> *— Ephesians 2:8-9*

Book: New Testament / Ephesians
Topics: faith, grace, Salvation

Interpretation:
The Bible verses in *Ephesians 2:8-9* teach us about the grace of God, which is a divine gift that we cannot earn. Salvation is not something we can earn through our own actions or efforts, but a gift that we receive freely through the grace of God. The grace of God is unconditional love and forgiveness given to all who believe in Him.

Saved by faith

In this verse, the word *“faith”* refers to our faith *in God and His Son Jesus Christ*. Faith in God is not just accepting His existence, but having a personal relationship with Him. Faith is confidence in the promise of eternal salvation through the death and resurrection of Jesus Christ.

Salvation cannot be bought, nor can it be earned through our own righteousness, works, or efforts. Salvation is a gift that we receive through our faith in Jesus Christ and His work on the cross.

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> I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love.
> *— Ephesians 3:16-17*

Book: New Testament / Ephesians
Topics: faith, love, Spirit

Interpretation:
Ephesians 3:16-17 encourages us to be strengthened in the inner man by the power *of the Holy Spirit* and the importance of allowing *Christ* to dwell in our hearts through faith. This is one of many statements in the Bible that tell us about an inner source of strength that we can access through faith in God.

What does it mean to strengthen the inner man?

Strengthening the inner man generally means improving our emotional, spiritual, and mental abilities. It is about living in harmony with ourselves and the world around us. Ultimately, it means greater control over our emotions, greater mental clarity, and a greater connection with God's plan for each of us.

How does the Holy Spirit strengthen us?

Christians view the Holy Spirit as a source of strength and power. He is the divine being who accompanies us at all times, guiding us on the right path and giving us the courage and strength we

need in the most difficult moments.

Through the Holy Spirit, we can find inner peace, unconditional love, and the wisdom we need to overcome any challenges that may come our way.

Christ in our hearts

To better understand this passage, it is important to reflect on the meaning of love. Love is a Christian virtue that is demonstrated through service and devotion to others. *Jesus* taught us that we are to love God above all else and to love our neighbor as ourselves. But how do we take root and become grounded in love? The answer is simple: *by allowing Christ to dwell in our hearts*.

When we allow Christ to dwell in our hearts, we are filled with the divine love that He has for us and that we are meant to have for others. This love gives us the strength to forgive, to love those who have hurt us, and to serve without expecting anything in return. When we are rooted and grounded in love, we can be a light in the darkness and bring Jesus' message to the world.

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> Now 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, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.
> — *Ephesians 3:20-21*

Book: New Testament / Ephesians
Topics: Church, humility, Spirit, strength, thoughts, worship

Interpretation:
There are several verses in the Bible that speak of the greatness of God's power and how He can do things beyond our understanding and knowledge. Such verses are *Ephesians 3:20-21*, which tells us that God can do far more abundantly than all we ask or think.

Then we see a call for the Lord to receive all the glory in the Church *in Christ Jesus* throughout all generations, forever and ever. This is an important reminder that the church should be a place of praise and worship to *the Most High*, and that we should place our faith and trust in Him.

The power of the Lord

In these verses, *Paul* tells us about God's ability to do things that are beyond our understanding. But why is God able to do things that we cannot understand? The answer to this question lies in the very nature of God. He is a supernatural and all-powerful being who exists outside of time and space. But God is also loving and kind, which means He wants the best for us.

When we pray and ask God for things, it is important to remember that He always hears us. But sometimes our prayers can be limited by our own understanding or faith. So Paul tells us that God can do much more than we understand or ask for. He is able to perform miracles in our lives if we have enough faith to allow His power to work in us.

What does the glory of God mean?

The term *"glory of God"* is used in the Bible to refer to His majesty and splendor. It is the visible manifestation of God's presence in the world. The glory of God is in His power, His justice, and His holiness.

The importance of giving glory to God

It is important to understand that the glory of God is not only for worship in church, but that we should seek it at all times of our lives. By acknowledging His glory in our lives, we open our hearts to faith and trust in Him. God's glory motivates us to live according to His will and trust His plans for us.

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> Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.
>
> *— Ephesians 4:15*

Book: New Testament / Ephesians
Topics: Church, Jesus, love, truth

Interpretation:
To understand the meaning of a verse in the Bible, it is important to read it in context. Ephesians 4 is a letter written by *the apostle Paul* to the church in Ephesus. In it, Paul encourages Christians to live

according to the grace of God that they have received through *Jesus Christ*. In verse 15, Paul shows how this is possible: *speaking the truth in love*.

Truth in love

In many cases, we may think that truth and love are incompatible. We may believe that telling the truth can hurt someone or that loving someone means not telling them the whole truth. However, this is not the approach that Christianity teaches.

Truth and love complement each other and should always be together. To grow in this direction, we must pursue a life of truth in love.

Growing in Christ

The goal of speaking the truth in love, according to *Ephesians 4:15*, is to grow into *the One who is the Head, Christ*. This means that by following a life of truth and love, we draw closer to Jesus Christ. Our growth as Christians depends on how we follow this truth.

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> Be completely humble and gentle; be patient, bearing with one another in love.
> *— Ephesians 4:2*

Book: New Testament / Ephesians
Topics: humility, love, patience

Interpretation:
The Book of Ephesians is a letter written by the Apostle Paul to the Christians in the city of Ephesus. In this document, Paul gives numerous pieces of advice to the believers to help them live by the Word of God. One of the most significant passages in this letter is found in chapter 4, verse 2: *“Be completely humble and gentle; be patient, bearing with one another in love”*.

In this verse, Paul calls the members of the Ephesian church to walk with humility and gentleness, that is, to renounce arrogance and violence. He asks them to be patient and kind with others, always showing love and compassion.

It is important to note that this teaching transcends the time in which it was written and is equally relevant and applicable to our daily lives.

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> “In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold.
> — *Ephesians 4:26-27*

Book: New Testament / Ephesians
Topics: anger, devil, evil, sin

Interpretation:
Ephesians is the book of the church that speaks of the unity of the body of Christ and offers a theological framework for understanding the purpose and responsibility of the church. In chapter 4, *the apostle Paul* exhorts believers to live lives worthy of the calling to which they have been called.

In your anger do not sin

Anger is a natural emotion, but we must be careful not to let it turn into sin. When our anger is righteous and in line with God’s will, it is not a sin to be angry.

Remember that even *Jesus* became angry several times when he saw injustice and oppression. So it is not a sin to be angry, but we must be careful not to sin in our anger. We must not allow our anger to lead us to violence, hatred, or sin.

Do not let the sun go down while you are still angry

In other words, we must resolve our differences before the end of the day. If we allow anger to build up and fester, we may begin to think and speak negative thoughts that are not true or constructive. To prevent feelings from building up, we must resolve our differences early and not allow anger to build up and become destructive.

What does it mean to “do not give the devil a foothold”?

The devil is synonymous with the dark and negative forces that separate us from the light and God. So this is a reminder to not allow these dark and negative forces into our lives. Impurity, anger, jealousy,

resentment, and bitterness are just some of the ways these dark and negative forces can manifest in us. So we must protect ourselves from them at all costs and not give them any place or control in our lives.

How do we keep the devil out of our lives?

To keep the devil out of our lives, we need to be aware of our emotions and thoughts. We can start by asking ourselves why we feel the way we feel. If we find ourselves with negative emotions, we should stop and analyze the source of these emotions.

If we find that negative emotions arise from feelings of injustice or resentment, we should work to forgive and release these feelings. If negative emotions are caused by a mistake we made, we should correct it and work to prevent it from happening again.

It is also important to surround ourselves with positive and loving people. People often reflect the relationships and emotions they interact with. If we are surrounded by positive and loving people, we are more likely to start feeling the same. And if we are surrounded by negative and toxic people, we may drown in these negative emotions.

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> Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.
>
> *— Ephesians 4:29*

Book: New Testament / Ephesians
Topics: goodness, gossip, speaking

Interpretation:
In *Ephesians 4:29, the Apostle Paul* reminds us of the importance of controlling our words and speaking only those that build up and bring grace to others. This verse is a call to be careful about what we say and how we say it, because our words have great power.

Why is it important to be careful about our words?

Our words can build up or destroy, bless or curse, heal or hurt. That is why it is so important to pay attention to what we say and how we say it. An unfortunate comment can cause great harm to someone, even if that was not our intention.

Moreover, our words also reveal a lot about our character. If we are people who speak compassionately and constructively, we demonstrate an attitude of love and service to others. On the other hand, if our manner of speech is negative or hurtful, it reflects a heart full of resentment and bitterness.

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> Make every effort to keep the unity of the Spirit through the bond of peace.
> *— Ephesians 4:3*

Book: New Testament / Ephesians
Topics: community, peace, Spirit

Interpretation:
Verse 3 of chapter 4 of Paul's letter to the Ephesians calls us to maintain the unity of the Spirit in the bond of peace. Unity is a fundamental value in any group and is especially important in the church because it is the physical representation of Christ on earth. Therefore, when the church is united, Christ is present. But how do we achieve the unity of the Spirit and why is it important?

Achieving the unity of the Spirit in the church is not an easy task, but it is possible through Christian love, which seeks unity in diversity. We must strive to maintain harmony in our relationships with others and be willing to forgive and be forgiven when we are offended. Moreover, we must remain humble and be willing to compromise on issues that are not fundamental to the faith without compromising it.

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> And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.
> — *Ephesians 4:30*

Book: New Testament / Ephesians
Topics: Holy Spirit, sadness, Second coming

Interpretation:
The Bible tells us about *the Holy Spirit*, one of the three persons *of the Trinity*, who guides and helps us in our daily lives. In *Ephesians 4:30*, we are commanded not to grieve the Holy Spirit of God, by whom we are sealed for the day of redemption. But what does that mean?

Sealing of the Holy Spirit

The sealing of the Holy Spirit is a spiritual reality that occurs the moment *we place our faith in Jesus Christ as our personal Savior*. This spiritual mark is God's seal on our lives, indicating that we are God's children and are guaranteed His salvation and protection.

In practice, the sealing of the Holy Spirit means that the Holy Spirit lives within us and helps us live holy lives, better understand Scripture, and have the strength to overcome temptations and trials that come our way. It is important to emphasize that this mark is not something we earn on our own merit, but rather by the grace of God.

Understanding the Call

In this verse, we are called not to grieve the Holy Spirit of God. This call is important because if we grieve the Holy Spirit, we can lose His presence in our lives and His help in our daily life.

So how can we grieve the Holy Spirit? This happens when we sin and do things that are contrary to the will of God. If we cling to sin instead of repenting and turning from it, the Holy Spirit will be grieved and we will lose His help and guidance.

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> Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.
>
> — *Ephesians 4:32*

Book: New Testament / Ephesians
Topics: compassion, Forgiveness, goodness, reconciliation

Interpretation:
Ephesians 4:32 is a Bible verse that tells us about the importance of being kind, merciful, and forgiving. It tells us that we are to treat others the same way God treated us *in Christ*, forgiving us and giving us His love and grace.

What does it mean to be kind?

Being kind means being kind, compassionate, and altruistic toward others. It is an effort to serve and seek the welfare of others without expecting anything in return. To be kind, we must set aside our selfishness and selfish needs and put the interests of others above our own. Kindness involves acting lovingly and generously at all times, even in difficult or painful situations.

What does it mean to be merciful?

Being merciful means showing compassion and empathy toward others, even when they have made mistakes or sinned. Mercy involves forgiving and showing unconditional love to our neighbors, even when they have done wrong.

By showing mercy, we follow the example of God, who forgave and loved us despite our mistakes and sins. Mercy is an act of divine love that should be shown to everyone, no matter who they are or what they have done.

What does it mean to forgive?

Forgiveness is releasing the grudges and resentments we hold toward others, releasing all the bitterness and resentment in our hearts. By forgiving, we free our souls and allow ourselves to move on with our lives without the burden of resentment.

It is an act of love that helps us cultivate reconciliation and peace in our personal relationships. By forgiving others, we also free them and allow them to move on with their own lives.

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from each other. If the interpretation is taken from other languages, then there may be a distortion of meaning when translating the language. *Matthew 7:7-8*

> There is one body and one Spirit, just as you were called to one hope when you were called.
> — *Ephesians 4:4*

Book: New Testament / Ephesians
Topics: body, calling, hope, Spirit

Interpretation:
Ephesians 4:4 speaks of the unity of the church. This verse teaches us that all Christians are called to be part of one body and are led by the same *Holy Spirit*. Furthermore, we share the same hope in our spiritual calling. Unity, then, is essential to the proper functioning of the church and is a concept that is widely discussed in the Bible.

How can we apply this verse to our lives?

The doctrine of unity is central to the life of any Christian church. Believers must unite under the banner of one faith, since doctrinal diversity divides us. God's love for humanity, expressed in the sacrifice *of Christ* on the cross, is the common element that should be emphasized, not any minor differences that may exist.

Through this unity, we can work together toward a common goal without compromising what is important: our service to God and our love for Him. Therefore, it is important to remember that we are one church, led by one Spirit and called to one hope.

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Attention! This is one of the possible interpretations based on the comments of famous theologians, which may differ from each other. If the interpretation is taken from other languages, then there may be a distortion of meaning when translating the language. *Matthew 7:7-8*

> Follow God's example, therefore, as dearly loved children.
> — *Ephesians 5:1*

Book: New Testament / Ephesians
Topics: children, following

Interpretation:
In Ephesians 5:1, the Apostle Paul encourages believers to be *“imitators of God, as beloved children”*. Children born into a normal family have family resemblances in their appearance and character. But what exactly does this mean? How can we imitate God?

Imitators of God mean following His example in our actions. It means living in a way that reflects His love, His justice, and His mercy. God is love, so imitating God means loving others as God loves us. It means living godly and moral lives and striving to do what is right in every situation.

Paul also emphasizes that we are to imitate God as **“beloved children”**. This is an important part of our identity as Christians. In Romans 8:16, Paul says that the Holy Spirit testifies to us that we are children of God. This means that we are loved by God and belong to His family.

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> Have nothing to do with the fruitless deeds of darkness, but rather expose them. It is shameful even to mention what the disobedient do in secret.
> — *Ephesians 5:11-12*

Book: New Testament / Ephesians
Topics: Fruitfulness, idols, sin, speaking

Interpretation:
Ephesians 5:11-12 calls us to not participate in or engage in any actions or behaviors that are not pleasing to God, and instead to take steps to eradicate such behaviors.

What are unfruitful works of darkness?

“Unfruitful works of darkness” are all actions and behaviors that are contrary to God’s commands. They are those actions that do not produce any good or positive fruit, but instead create chaos, pain, and suffering in our lives and the lives of others.

How can we rebuke unfruitful works of darkness?

Rebuking evil actions involves much more than simply turning away from them. It is important to point them out and confront them in order to help those who engage in them or to protect ourselves and

others from their negative influence.

The most effective way to rebuke these actions is to live a life that is consistent with God’s values ?? and commands. Moreover, whenever it is necessary to stand up for others and set the necessary limits to prevent harmful actions from occurring, this is of utmost importance.

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> Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil.
> *— Ephesians 5:15-16*

Book: New Testament / Ephesians
Topics: life, mind, wisdom

Interpretation:
Ephesians 5:15 calls believers to be wise in their actions. *Paul* calls Christians to be careful how they walk the path of life. The Greek word for *“watch”* means to pay attention or be careful, which suggests constant self-examination and self-evaluation as we walk the path of faith. It is a call to wisdom in everyday life and responsibility in individual behavior.

In this verse, Paul contrasts the wise life with the foolish life. It is important to emphasize the idea that everyone is capable of acting wisely, but chooses to follow the foolish way instead of pursuing a more meaningful life in the Lord. The *“foolish way”* suggests a life without meaning and purpose, while the *“wise way”* refers to a constant effort to live in accordance with the principles and teachings *of Christ*.

This verse is very relevant in today’s society, where there are so many distractions and temptations around us. It is easy to fall into the trap of hasty decisions and reckless actions. So this verse is a reminder of how important it is to stay on the right path in life and live as who we are: *children of God*.

Time is one of the most valuable resources we have in life, and that is why *God's Word* encourages us to use it wisely.

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> And walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.
>
> — *Ephesians 5:2*

Book: New Testament / Ephesians
Topics: Jesus, love, sacrifice

Interpretation:
Love is one of the central themes of the Bible, especially the New Testament, which speaks of God's love for us and the importance of loving others. In *Ephesians 5:2, the Apostle Paul* encourages us to walk in love, just as *Christ* loved us and gave Himself for us.

What does it mean to love as Christ loved us?

To love as Christ loved us means to love sacrificially and unselfishly. Christ loved us so much that He gave His life for us on the cross, paying the price for our sins so that we could be reconciled to God and have eternal life. He did not put His interests above ours, but sacrificed Himself for our well-being. Paul encourages us as followers of Christ to imitate His love and love others unselfishly.

Why is it important to walk in love?

It is important to walk in love because love is the foundation of our relationship with God and with each other. *Jesus* said, *"By this everyone will know that you are my disciples, if you love one another" (John 13:35)*. Love is the hallmark of true disciples of Christ. Moreover, love has the power to transform our relationships and our perception of the world. When we love others selflessly, we reflect God's love and are a light in a dark world.

How can we walk in love?

It's not always easy to live in love, especially when it comes to loving those who are hard to love. But the good news is that love is not just a feeling, it's an action, and we can develop it through practice.

Here are some practical ways to walk in love: forgive others, show compassion, be patient and kind, be honest and respectful. We can also look for opportunities to serve those in need and demonstrate the love of Christ through our actions. When we do these things, we are walking in love, just as Christ loved us.

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from each other. If the interpretation is taken from other languages, then there may be a distortion of meaning when translating the language. *Matthew 7:7-8*

> Wives, submit yourselves to your own husbands as you do to the Lord. 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.
>
> *— Ephesians 5:22-23*

Book: New Testament / Ephesians
Topics: body, Church, Jesus, marriage, relationships, Salvation

Interpretation:
It is important to remember that the submission of wives is a voluntary act, not a forced imposition by their husbands. The verse goes on to say that wives should submit **“as you do to the Lord.”** That is, wives’ submission to their husbands should be a reflection of their submission and love for God. By submitting to their husbands, wives not only honor the divine design of marriage, but also express their love and respect for God.

It is important to note that the text does not deny the equality of men and women, but rather establishes different but complementary roles. Just as each member of the body has an important function, men and women have different roles, but both are valuable to God.

In today’s society, many people consider this verse outdated and patriarchal, but this may be the result of a misunderstanding of the true meaning of this verse. Instead of viewing marriage as a gender competition, we must remember that it is a team with different roles and responsibilities. A woman is equally important and valuable in the eyes of God, and her husband is to treat her with love and respect, just as Christ loves and respects the church.

This verse also reminds us of the importance of relationships and connections in our society. As the Body of Christ, we need leadership, as well as care and love. God calls us to play our part and work together in building His Kingdom.

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> Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word.
>
> — *Ephesians 5:25-26*

Book: New Testament / Ephesians
Topics: Church, love, marriage, purification, relationships

Interpretation:
To better understand what this verse means, it is important to think about Christ's love for the Church. He not only loved those close to him, but he also cared for those who were marginalized and excluded. Christ gave his life for the Church.

In this verse, Paul emphasizes how Christ loved the Church and gave everything for it. This includes your life, your time, your efforts, your patience, and your compassion. This type of love was not selfish, but focused on the needs of the Church. If we are to love our wives as Christ loved the Church, we must do the same.

When reading this verse, questions often arise: How can I love my wife this way if she does not love me back? What if she is an unbeliever?

Loving your wife in this way can be difficult if you feel that the relationship is not equal or if your spouse does not share your faith. However, we must remember that this command comes from God and is not dependent on the behavior of our partner. Selfless, sacrificial love is a reflection of God's love and a powerful witness to others.

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> In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself.
>
> — *Ephesians 5:28*

Book: New Testament / Ephesians
Topics: body, marriage, relationships

Interpretation:
Ephesians 5:28 teaches us an important commandment for men regarding their wives. This comparison between loving your wife and loving yourself is not accidental, but rather reveals a fundamental truth: marriage is a union in which two become one flesh. Therefore, to love your wife is to love yourself, since they are both parts of one whole.

It is interesting to note in this regard that the Bible does not give a similar commandment to women. This does not mean that they should not love their husbands, but the comparison to their own flesh is not explicitly made in the biblical texts. Why is this? Some commentators note that in the culture of the time, men had a lot of freedom to despise their wives and treat them badly, so this commandment may have been a way to remind them of their marital responsibilities and obligations.

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> But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people.
> *— Ephesians 5:3*

Book: New Testament / Ephesians
Topics: greed, Holiness, sexuality, sin

Interpretation:
The Bible is an important source of guidance and wisdom for those who seek to live godly and righteous lives. Among the most discussed topics in the Bible are often mentioned fornication and impurity, which are of great importance to those who seek holiness.

In this context, *Ephesians 5:3* takes on great relevance for believers, as it mentions the need to avoid fornication, impurity, and greed. This verse emphasizes the need for purity in our lives and how essential this purity is to holiness.

As Christians, we must recognize that fornication and impurity are serious sins that separate us from the will of God. Therefore, we must constantly fight against these temptations, avoiding any actions that lead us to them. In this sense, *Ephesians 5:3* reminds us of our responsibility to live up to the standards of holiness that God expects of His followers.

The meaning of “this befits saints”

Ephesians 5:3 calls believers to avoid all forms of immorality and covetousness, and that they are not even mentioned among them. The passage goes on to say that such behavior is not befitting of saints. This brings us to the question: Who are saints? How can we attain holiness?

Holiness is a state of being in which a person lives in full fellowship with God. A saint is one who has been sanctified and set apart for God. In this sense, holiness is something we should strive for and strive for as believers. Holiness is not achieved after salvation, but we must work for it day by day. Holiness is not something we do to earn salvation, but rather a natural response to God’s love for us.

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> For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.
> — *Ephesians 5:31*

Book: New Testament / Ephesians
Topics: body, marriage, sexuality

Interpretation:
Marriage is one of the oldest and most sacred institutions of mankind. The Bible teaches us that marriage is a spiritual, emotional, and physical union between a man and a woman. *Ephesians 5:31* reminds us of the importance of the marriage union and teaches us that this union is, in some ways, stronger than any other type of human relationship.

The importance of marriage

Marriage is an institution established by God from the very beginning of creation. In the book of Genesis, God created Adam and then from Adam’s rib, He created Eve to be his companion and helpmate. Since then, marriage has been considered a sacred union blessed by God.

Ephesians 5:31 reminds us that marriage is a unique and special union in which a man leaves his father and mother to join his wife. This verse teaches us that marriage is not a temporary or casual union, but a permanent and sacred union.

The physical and spiritual union of marriage

Marriage is not only a physical union between a man and a woman, but also a spiritual and emotional union. As believers, we know that marriage is a sacred promise and blessing from God. In marriage, a husband and wife become one flesh; this union goes beyond the physical.

When two people marry, they unite not only their bodies, but their souls. The marriage union is an example of the fellowship that should exist between us and God. Marriage is a reflection of the same union that exists between *Jesus Christ* and the church. In other words, marriage is a tangible expression of God's unconditional love for us.

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> However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.
> — *Ephesians 5:33*

Book: New Testament / Ephesians
Topics: marriage, relationships

Interpretation:
Marriage is a sacred institution in which two people are united in love and commitment. However, like any relationship, marriage has its challenges. In the Bible verse *Ephesians 5:33*, we are reminded of the importance of loving and respecting our partner.

Love as the foundation of marriage

Love is the foundation of marriage; it is what holds a couple together in good times and bad. Love is not just a feeling, it is a commitment to walk through life together and to do so in a way that benefits both.

Respect as a sign of love

While love is often talked about in marriage, respect is equally important. This verse also reminds us that women are to respect their husbands. Respect is an expression of love that shows that you value and acknowledge the importance of the other person.

Respect does not mean submitting or submissiveness to the wishes of another person, but rather acknowledging and appreciating their opinions and efforts. Respect also means taking the other person's needs and wants into account when making decisions and maintaining a positive attitude towards your partner.

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> For you were once darkness, but now you are light in the Lord. Live as children of light.
> *— Ephesians 5:8*

Book: New Testament / Ephesians
Topics: children, life, Light

Interpretation:
This verse in *Ephesians 5:8* talks about the transformation that happens in us when we surrender to the Lord and how we are to reflect that light in our daily lives.

First, we can analyze the part of the verse that says, *“For you were once darkness.”* This phrase refers to our former live, before we met *Jesus*, in which we lived in spiritual darkness. During this time, it was easy to fall into sin and stray from the truth. However, everything changes when we accept *Jesus Christ as our Savior*.

The second part of the verse says, *“but now you are light in the Lord.”* When we accept Christ into our lives, we become carriers of His light and love. This light allows us to see clearly and better understand God’s will for our lives. It also helps us distinguish good from evil and make better decisions.

Finally, the verse concludes with the words, *“Live as children of light.”* In other words, we must live our daily lives remembering that we are God's children and carry within us the light He has given us. We must strive to be a reflection *of Christ* in everything we do and always strive to do what is right in every situation.

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translating the language. *Matthew 7:7-8*

> For the fruit of the light consists in all goodness, righteousness and truth.
> — *Ephesians 5:9*

Book: New Testament / Ephesians
Topics: goodness, Light, righteousness, truth

Interpretation:
Ephesians 5:9 says that the fruit of the Spirit is all goodness, justice, and truth. To understand this verse, we must first understand what the fruit of the Spirit means and how it is demonstrated in our lives.

What is the fruit of the Spirit?

The fruit of the Spirit is a term used to describe the characteristics that a Christian should exhibit in his or her life as a result *of the Holy Spirit's* presence in his or her life. It consists of nine qualities: love, joy, peace, patience, kindness, goodness, faithfulness, humility, and self-control.

Goodness, justice, and truth

Ephesians 5:9 says that the fruit of the Spirit is all goodness, justice, and truth. Kindness is a quality that involves being kind, generous, compassionate, and helpful to others. Justice refers to being fair and equal in our dealings with others. Truth refers to being honest, fair, and true.

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> Finally, be strong in the Lord and in his mighty power.
> — *Ephesians 6:10*

Book: New Testament / Ephesians
Topics: Almighty, God, seeking, strength

Interpretation:

Ephesians 6:10 comes at the end *of Paul's* letter to the church at Ephesus. In this final chapter, Paul talks about the armor of God. He uses the analogy of a Roman soldier to emphasize that just as a soldier uses armor to protect his body in battle, Christians must wear the armor of God to protect themselves and fight the spiritual forces of evil.

Be strong in the Lord

The verse itself is a direct instruction to the Ephesian brothers and all Christians. Paul tells them that they must draw their strength from God and His mighty power.

This instruction from Paul is very relevant today. In our daily struggles with temptations and problems, it is easy to feel overwhelmed and weakened. But as Christians, we must remember that the source of our strength and power is God.

Resolving doubts

How can we be strong in the Lord? This question may arise after reading *Ephesians 6:10*. We can begin by developing a closer, more personal relationship with the Lord. This can be done through prayer, Bible reading, and meditation. Another way is to connect with other Christians who can offer support, encouragement, and wisdom.

What does *"mighty strength"* mean in this verse? In the original Greek, the word *"kratos"* is translated as *"mighty strength."* This word denotes a decisive and dominant strength that can overcome any obstacle. In other words, the strength we are to find in God is not weak or fragile, but strong and powerful.

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> Put on the full armor of God, so that you can take your stand against the devil's schemes.
>
> — *Ephesians 6:11*

Book: New Testament / Ephesians
Topics: devil, equipment, evil, idols, protection

Interpretation:

Ephesians 6:11 is Paul's call to the Christians in Ephesus to put on the whole armor of God and be able to stand against the wiles of the devil. The devil is described in the Bible as a cunning and evil enemy who seeks to destroy believers and lead them into temptation. Therefore, it is important that we are prepared to meet his attacks, and the armor of God provides us with the necessary protection to resist.

Furthermore, putting on the whole armor of God enables us to live a life of victory and spiritual strength. It helps us walk in truth, be protected from injustice, reach out to others with the message of peace, maintain faith in times of trial, have hope for salvation, and be able to fight evil with the sword of the Spirit.

How can we apply this verse to our lives?

Putting on the whole armor of God is a daily action that we must take. We must realize that the devil is always lurking, looking for an opportunity to cause us to fall. Therefore, it is important to read the Bible regularly, meditate *on God's Word*, and pray continually to strengthen our faith and our relationship with God.

It is also important to have spiritual friends and mentors who can guide us in times of doubt or difficulty. They can help us recognize the attacks of the enemy and find protection in the full armor of God.

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> For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.
> — *Ephesians 6:12*

Book: New Testament / Ephesians
Topics: devil, evil, heaven, self-control, Spirit

Interpretation:
Ephesians 6:12 is an important reminder that our struggle in this life is not only against what we can see and touch in the physical world, but that there is also a spiritual battle in which we are constantly engaged.

What does it mean that we “do not wrestle against flesh and blood”?

When we speak of *“flesh and blood”* in this context, we are talking about the purely physical, the tangible, and the visible. That is, our enemy is not people we can see with our eyes, nor are they beings we can defeat simply by physical force.

What are “principalities, powers, and rulers of the darkness of this world”?

These terms refer to evil forces that operate in the spiritual world and influence the physical world. According to the Bible, Satan and his fallen angels have some authority in this world. Principalities and powers are dominions and powers that rule over certain areas of this world, while the rulers of darkness in this world are in the same category of evil beings.

What are “the spiritual forces of evil in the heavenly realms”?

These are fallen angels who work with Satan and operate in other dimensions, in what are called *“heavenly regions.”* These spiritual regions are not necessarily a physical place, but rather a spiritual dimension that overlaps with our physical world.

Thoughts on spiritual warfare

This verse reminds us that we should not focus on fighting with our brothers and sisters or even the society in which we live. Instead, we must realize that the real battle is spiritual, and any form of hostility we experience in our daily lives is the result of forces operating in the spiritual realm.

As we recognize the nature of our struggle, we must also understand that our weapons are not physical, but spiritual. We need to arm ourselves with the powerful spiritual tools that God has placed at our disposal: *prayer, the Word of God, and the work of the Holy Spirit in our lives*.

We must be very careful not to underestimate the reality of spiritual struggle, even in our daily lives. We often think that the things that happen to us are simply the result of physical circumstances, when in fact there is something deeper behind many of the things that happen.

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> Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to

> stand.
> — *Ephesians 6:13*

Book: New Testament / Ephesians
Topics: devil, evil, protection, safety, temptation

Interpretation:
The armor of God is one of the most important themes in the Bible for Christians. In *Ephesians 6:13, the Apostle Paul* encourages believers to put on the whole armor of God, so that we can withstand in the evil day and stand firm, having accomplished all that has been entrusted to us.

What is the “Armor of God”?

The armor of God is a metaphor used by Paul to illustrate the protection and strength that God offers us as Christians to fight against evil forces. *Ephesians 6:11-17* details the different pieces of armor that we should take with us.

The Belt of Truth

This belt represents truth and honesty, which help us stand firm in our convictions and decisions.

The Breastplate of Justice

The breastplate of justice represents moral integrity and righteousness. As Christians, we are to live justly and do what is right, even when no one is watching.

Shoes of the Gospel of Peace

The shoes of the Gospel of Peace give us stability and help us spread the message of salvation through our actions and words.

Shield of Faith

The shield of faith represents trust in God and His word. It protects us from the fiery darts of the devil - the evil intentions and negative thoughts that the enemy uses to lead us astray.

Helmet of Salvation

The helmet of salvation protects our minds and thoughts. It reminds us that we are saved by God's grace and gives us the strength to reject negative thoughts and attitudes.

Sword of the Spirit

The sword of the Spirit represents the Word of God, which is our guide and source of strength. With the Word, we can protect our faith and withstand any spiritual attacks.

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> Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.
>
> *— Ephesians 6:14-16*

Book: New Testament / Ephesians
Topics: Evangelism, evil, faith, peace, righteousness, truth

Interpretation:
Ephesians 6:14-16 encourages us to stand firm and remain steadfast in our convictions and values. When we stand firm in our convictions, we do not allow difficult situations to derail us.

What is truth?

Truth is one of the key words in these verses. Truth is a virtue that has to do with honesty, consistency, and sincerity in all our actions. When we tell the truth, we are being honest with ourselves and with others.

Truth is a powerful tool that allows us to discern between good and evil. When we follow the truth, we live a life that is consistent with our values ??and principles.

What is the breastplate of righteousness?

In these verses, *the apostle Paul* talks about the breastplate of righteousness. The breastplate is the part of the armor that protects the torso of a soldier. This part of the armor is associated with justice.

Justice is a virtue that motivates us to do good and avoid evil. When we act justly, we make right and fair decisions in all our actions. The breastplate of righteousness is a protection against all temptations and evil influences that could lead us astray.

Zeal in preaching the Gospel of Peace

The Apostle Paul calls us to *“put on shoes”* of zeal for the preaching of the gospel of peace. What exactly does this mean? Zeal is a strong desire or passion for something, and in this case, it refers to spreading the message of salvation through *Jesus Christ*. As Christians, we should be motivated by a deep love for God and our neighbors, and we should feel a responsibility to share the gospel with those in need.

Furthermore, Paul says that the gospel is a message of peace. This refers to the reconciliation offered through *Christ*. Before we knew *Jesus*, we were at enmity with God, but through Him we can be reconciled and have peace with God. The gospel also brings peace into our lives by giving us assurance of our salvation and the promise of eternal life.

What does the shield of faith mean?

At the time of the book of Ephesians, a shield was a key element in the protection of soldiers during battles. In the same way, faith acts as a shield that protects us from the attacks of the enemy. Moreover, the shield not only serves a protective function, but is also a weapon of war, allowing soldiers to move forward with greater confidence and confront the enemy.

In this sense, we can understand that the shield of faith is our protection from the temptations and attacks of the enemy, both in everyday situations and in times of spiritual crisis. Moreover, faith not only protects us, but also allows us to move forward in our Christian lives, confidently and boldly facing any obstacles that may arise along the way.

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> Take the helmet of salvation and the sword of the Spirit, which is the word of God.
>
> *— Ephesians 6:17*

Book: New Testament / Ephesians
Topics: Salvation, Spirit, Word of God

Interpretation:

In *Ephesians 6:17, Paul* encourages us to *“Take the helmet of salvation and the sword of the Spirit, which is the word of God.”* The helmet of salvation is a symbol of the protection of our mind, freeing us from negative thoughts and encouraging us to live a life of faith. On the other hand, the sword of the Spirit, which is the Word of God, represents the truth and justice of God, which guides us in our lives.

Helmet of salvation

A helmet is a piece of armor that covers and protects a warrior’s head. Spiritually, it symbolizes the protection our mind needs. The mind is the most important part of our being, since all our thoughts and decisions are born in it. Therefore, we must protect it from negative thoughts, worries, and fears.

By putting on the helmet of salvation, we ensure that our mind is filled with positive and reasonable thoughts. By focusing on God’s promises, His love, and His faithfulness, we can be confident that God is always with us, guiding us along the path of life.

The sword of the Spirit

The Sword of the Spirit, which is *the Word of God*, is a powerful weapon that helps us fight evil and protect ourselves from temptation. God’s Word is our guide in life and shows us the path we must follow to achieve salvation.

God’s Word reveals His will for our lives, shows us His love and mercy, and teaches us how to live righteously and obediently. Knowing *the Scriptures* enables us to discern truth from falsehood and make wise decisions based on God’s will.

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Attention! This is one of the possible interpretations based on the comments of famous theologians, which may differ from each other. If the interpretation is taken from other languages, then there may be a distortion of meaning when translating the language. *Matthew 7:7-8*

> And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.
> *— Ephesians 6:18*

Book: New Testament / Ephesians
Topics: Prayer, Spirit

Interpretation:

The Apostle Paul, in his letter to the Ephesians, encourages believers to live spiritually prepared for the battles that come with faith. And one of the most powerful weapons he offers us is prayer.

Why is prayer important?

Prayer is our way of communicating with God. It is a means by which we can express our needs, thanks, praise, and requests. Through prayer, we can draw closer to God and have a personal relationship with Him. Moreover, prayer strengthens us and gives us the strength to face the adversities that arise in our daily lives.

The importance of praying in the Spirit

Praying in the Spirit means doing so with the help and guidance *of the Holy Spirit*. That is, it is a prayer said with humility and sincerity, allowing the Holy Spirit to guide us in our communication with God. When we pray in the Spirit, our prayer becomes more effective because we allow the Holy Spirit to pray in us and for us.

Perseverance in prayer

Perseverance in prayer helps us to maintain strong faith and not to lose heart during difficult times. When we persist in prayer, we demonstrate our faith in God and His power to help us at any time. Perseverance in prayer also helps us to strengthen our intimacy with God and to strengthen our faith.

Pray for the saints

In *Ephesians 6:18*, Paul encourages us to pray for all the saints. This means that we should pray for our brothers and sisters in the faith, for their needs, for their spiritual growth, and for their protection during difficult times. Praying for others is an expression of love and unity *in Christ*. In addition, praying for others can help and support them in difficult times.

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> Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.
>
> *— Ephesians 6:4*

Book: New Testament / Ephesians

Topics: children, family, law

Interpretation:
In *Ephesians 6:4, Paul* addresses parents directly, telling them not to provoke their children to anger, but to bring them up with discipline and instruction. Why is this important?

What does it mean to “not provoke your children to anger”?

One of the key themes in this passage is the idea of ??not provoking children to anger. When parents allow their negative emotions and behavior to influence the way they discipline their children, it can cause them to react negatively.

Children who are provoked to anger may feel rejected, ignored, humiliated, or even insulted. These feelings can lead to rebellion or deep withdrawal from the family.

Raising in the Instruction of the Lord

Finally, the verse ends with a call to bring up children in the admonition of the Lord. This means teaching them the ways of God, helping them understand His love and His Word. When parents bring God's truth into the lives of their children, they lay the foundation for a life filled with purpose and meaning.

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