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Ephesians	
Eph 1:1 Paul, an apostle of Jesus Christ by the will of God, to the saints which are at Ephesus, and to the faithful in Christ Jesus:	Paul, an apostle (special messenger) of Christ Jesus (the Messiah), by the divine will (the purpose and the choice of God) to the saints (the consecrated, setapart ones) at Ephesus who are also faithful and loyal and steadfast in Christ Jesus: (AMP)
<p>Ephesus was a large and prosperous port city in western Asia Minor. Paul doesn't seem to address any major doctrinal problems with the Ephesian saints. He seems to get more into the mysteries. LDS commentators love this book because they say it contains a wealth of teachings which support the church. Being more interested in teachings the Gospel, we'll examine them in the light of revelation, not creeds.</p> <p>John the Beloved was said to have resided at Ephesus in his later years. John writes to the church in Rev. 2:1-7. He commends them for their labor and patience and for not accepting false apostles, but nevertheless, calls them to repentance for having departed somewhat from the Gospel.</p>	
Eph 1:2 Grace [be] to you, and peace, from God our Father, and [from] the Lord Jesus Christ.	May grace (God's unmerited favor) and spiritual peace [which means peace with God and harmony, unity, and undisturbedness] be yours from God our Father and from the Lord Jesus Christ. (AMP)
<p>After the usual greetings, Paul gets right down to it, talking about some very spiritual things right off the bat. These saints must have been righteous (mature in their faith) in order for Paul to launch right off on these topics.</p> <p>Praise God, indeed, for His grace that we should obtain these blessings and promises in heavenly places! Who wouldn't want to talk and share these experiences with other like-minded people, and remind each other of the Lord and His mercies?</p>	
Eph 1:3 Blessed [be] the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly [places] in Christ:	May blessing (praise, laudation, and eulogy) be to the God and Father of our Lord Jesus Christ (the Messiah) Who has blessed us in Christ with every spiritual (given by the Holy Spirit) blessing in the heavenly realm! (AMP)
<p>Mormon commentary is silent on this verse, but "born-again" Christians are quick to claim this blessing for all believing Christians.</p> <p>This isn't some meaningless symbolic euphemism. Neither is it something easily obtained without thought or effort. What Paul is talking about here is those who have received their baptism of fire and the Holy Ghost, and have actually received the Second Comforter, have ascended to "heavenly places" and been blessed by Christ with the promise of eternal life. We shall see more of this in verse 13 and 14.</p>	

Eph 1:4 According as he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love:	Even as [in His love] He chose us [actually picked us out for Himself as His own] in Christ before the foundation of the world, that we should be holy (consecrated and set apart for Him) and blameless in His sight, even above reproach, before Him in love. (AMP) (see comment below)
Eph 1:5 Having predestinated us unto the adoption of children by Jesus Christ to himself, according to the good pleasure of his will,	For He foreordained us (destined us, planned in love for us) to be adopted (revealed) as His own children through Jesus Christ, in accordance with the purpose of His will [because it pleased Him and was His kind intent]—(AMP)
<p>The Amplified version is correct. God foreordained (not predestinated) some, not by his good pleasure, but in accordance with his will. Paul also discusses this in Romans 8. This foreordination seems arbitrary and unjust until we consider the reason for it. 1 Peter 1:20 speaks of the foreordination of Christ, but others were foreordained as well.</p> <p>Bruce R. McConkie explains the difference:</p> <p>"Predestination is a sectarian substitute for the true doctrine of foreordination. Just as Lucifer 'sought to destroy the agency of man' in pre-existence (Moses 4:3), so through his ministers here he has taught a doctrine, based on scriptural distortions, of salvation and damnation without choice on the part of the individual. Predestination is the false doctrine that from all eternity God has ordered whatever comes to pass, having especial and particular reference to the salvation or damnation of souls. Some souls, according to this false concept, are irrevocably chosen for salvation, others for damnation; and there is said to be nothing any individual can do to escape his predestined inheritance in heaven or in hell as the case may be." (Mormon Doctrine, 2d ed. [Salt Lake City: Bookcraft, 1966], 588.)</p> <p>Joseph Smith explains the principle:</p> <p>JS quote "Every man who has a calling to minister to the inhabitants of the world was ordained to that very purpose in the grand council of heaven before this world was." (TPJS, p. 365)</p> <p>Alma lays it all out for us:</p> <p>Alma 13:1 And again, my brethren, I would cite your minds forward to the time when the Lord God gave these commandments unto his children; and I would that ye should remember that the Lord God ordained priests, after his holy order, which was after the order of his Son, to teach these things unto the people.</p> <p>Alma 13:2 And those priests were ordained after the order of his Son, in a manner that thereby the people might know in what manner to look forward to his Son for redemption.</p> <p>Alma 13:3 And this is the manner after which they were ordained--being called and prepared from the foundation of the world according to the foreknowledge of God, on account of their exceeding faith and good works; in the first place being left to choose good or evil; therefore they having chosen good, and exercising exceedingly great faith, are called with a holy calling, yea, with that holy calling which was prepared with, and according to, a preparatory redemption for such.</p>	

Alma 13:4 And thus they have been called to this holy calling on account of their faith, while others would reject the Spirit of God on account of the hardness of their hearts and blindness of their minds, while, if it had not been for this they might have had as great privilege as their brethren.

Alma 13:5 Or in fine, in the first place they were on the same standing with their brethren; thus this holy calling being prepared from the foundation of the world for such as would not harden their hearts, being in and through the atonement of the Only Begotten Son, who was prepared--

Alma 13:6 And thus being called by this holy calling, and ordained unto the high priesthood of the holy order of God, to teach his commandments unto the children of men, that they also might enter into his rest--

Alma 13:7 This high priesthood being after the order of his Son, which order was from the foundation of the world; or in other words, being without beginning of days or end of years, being prepared from eternity to all eternity, according to his foreknowledge of all things--

Alma 13:8 Now they were ordained after this manner--being called with a holy calling, and ordained with a holy ordinance, and taking upon them the high priesthood of the holy order, which calling, and ordinance, and high priesthood, is without beginning or end--

Alma 13:9 Thus they become high priests forever, after the order of the Son, the Only Begotten of the Father, who is without beginning of days or end of years, who is full of grace, equity, and truth. And thus it is. Amen.

Alma 13:10 Now, as I said concerning the holy order, or this high priesthood, there were many who were ordained and became high priests of God; and it was on account of their exceeding faith and repentance, and their righteousness before God, they choosing to repent and work righteousness rather than to perish;

Alma 13:11 Therefore they were called after this holy order, and were sanctified, and their garments were washed white through the blood of the Lamb.

There are certain individuals on the earth who are foreordained to be God's servants, who made covenants in the pre-earth life to come here and assist the rest of us to return to God. They are free to accept or reject this calling, as we all have free agency.

Paul and Alma the Younger were certainly of this number. The Lord gave them such shocking and vivid encounters because He knew how they would respond. Laman and Lemuel also had encounters with angels, but continued to rebel against Nephi and the Lord.

Eph 1:6 To the praise of the glory of his grace, wherein he hath made us accepted in the beloved.	[So that we might be] to the praise and the commendation of His glorious grace (favor and mercy), which He so freely bestowed on us in the Beloved. (AMP)
Eph 1:7 In whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace;	In Him we have redemption (deliverance and salvation) through His blood, the remission (forgiveness) of our offenses (shortcomings and

	trespasses), in accordance with the riches and the generosity of His gracious favor, (AMP)
Eph 1:8 Wherein he hath abounded toward us in all wisdom and prudence;	Which He lavished upon us in every kind of wisdom and understanding (practical insight and prudence), (AMP) This was done for us on account of our previous faith, repentance, and holy works, and because of his grace which the Father has given us because of His Beloved Son.
Eph 1:9 Having made known unto us the mystery of his will, according to his good pleasure which he hath purposed in himself:	Making known to us the mystery (secret) of His will (of His plan, of His purpose). [And it is this:] In accordance with His good pleasure (His merciful intention) which He had previously purposed and set forth in Him, (AMP)
Eph 1:10 That in the dispensation of the fulness of times he might gather together in one all things in Christ, both which are in heaven, and which are on earth; [even] in him:	[He planned] for the maturity of the times and the climax of the ages to unify all things and head them up and consummate them in Christ, [both] things in heaven and things on the earth. (AMP)
<p>According to the counsels of God, these special servants condescend (return) to serve on the earth at various critical points in history, including the “dispensation of the fulness of times”, which (contrary to official church teachings, but according to the teachings of Joseph Smith) is not the current dispensation, but is the According dispensation which is currently dawning or has dawned. All these servants will be functional on the earth during this dispensation.</p> <p>"Adam holds the keys of the Dispensation of the Fulness of Times; i.e., the dispensation of all the times have been and will be revealed through him from the beginning to Christ, and from Christ to the end of all the dispensations that are to be revealed. 'Having made known unto us the mystery of his will, according to his good pleasure which he hath purposed in himself: that in the Dispensation of the Fulness of Times he might gather together in one all things in Christ, both which are in heaven, and which are on earth; even in him.' (Eph. 1:9-10.)</p> <p>"Now the purpose in himself in the winding up scene of the last dispensation is that all things pertaining to that dispensation should be conducted precisely in accordance with the preceding dispensations.</p> <p>"And again, God purposed in himself that there should not be an eternal fulness until every dispensation should be fulfilled and gathered together in one, and that all things whatsoever, that should be gathered together in one in those dispensations unto the same fulness and eternal glory, should be in Christ Jesus; therefore he set the ordinances to be the same forever and ever, and set Adam to watch over them, to reveal them from heaven to man, or to send angels to reveal them." (Discourses of the Prophet Joseph Smith, compiled by Alma P. Burton [Salt Lake City: Deseret Book Co., 1977], 53.)</p> <p>"The work of the Lord in these last days is one of vast magnitude and almost beyond the comprehension of mortals. Its glories are past description and its grandeur unsurpassable. It has been the theme which has animated the bosom of prophets and righteous men from the creation of this world down through every succeeding generation to the present time. And it is truly the</p>	

dispensation of the fulness of times, when all things which are in Christ Jesus, whether in heaven or on the earth, shall be gathered together in him, and when all things shall be restored, as spoken of by all the holy prophets since the world began. For in it will take place the glorious fulfillment of the promises made to the fathers, while the displays of the power of the Most High will be great, glorious, and sublime. . .

"Here, then, beloved brethren, is a work to engage in worthy of archangels-a work which will cast into the shade the things which have heretofore been accomplished, a work which kings and prophets and righteous men in former ages have sought, expected, and earnestly desired to see, but died without the sight. And well will it be for those who shall aid in carrying into effect the mighty operations of Jehovah." (Kent P. Jackson, comp. and ed., Joseph Smith's Commentary on the Bible [Salt Lake City: Deseret Book Co., 1994], 175.)

D&C 128:17 And again, in connection with this quotation I will give you a quotation from one of the prophets, who had his eye fixed on the restoration of the priesthood, the glories to be revealed in the last days, and in an especial manner this most glorious of all subjects belonging to the everlasting gospel, namely, the baptism for the dead; for Malachi says, last chapter, verses 5th and 6th: Behold, I will send you Elijah the prophet before the coming of the great and dreadful day of the Lord: And he shall turn the heart of the fathers to the children, and the heart of the children to their fathers, lest I come and smite the earth with a curse.

D&C 128:18 I might have rendered a plainer translation to this, but it is sufficiently plain to suit my purpose as it stands. It is sufficient to know, in this case, that the earth will be smitten with a curse unless there is a welding link of some kind or other between the fathers and the children, upon some subject or other--and behold what is that subject? It is the baptism for the dead. **[But, not limited to just the baptism of the dead. We will all need to be sealed into the household of God, as explained later in this commentary on Ephesians.]** For we without them cannot be made perfect; neither can they without us be made perfect. Neither can they nor we be made perfect without those who have died in the gospel also; **for it is necessary in the ushering in of the dispensation of the fulness of times, which dispensation is now beginning to usher in, that a whole and complete and perfect union, and welding together of dispensations, and keys, and powers, and glories should take place, and be revealed from the days of Adam even to the present time. And not only this, but those things which never have been revealed from the foundation of the world,** but have been kept hid from the wise and prudent, shall be revealed unto babes and sucklings in this, the dispensation of the fulness of times.

Eph 1:11 In whom also we have obtained an inheritance, being predestinated according to the purpose of him who worketh all things after the counsel of his own will:

In Him we also were made [God's] heritage (portion) and we obtained an inheritance; for we had been foreordained (chosen and appointed beforehand) in accordance with His purpose, Who works out everything in agreement with the counsel and design of His [own] will, (AMP)

These people, who have been foreordained into the Holy Order of the Melchizedek Priesthood have received the promise of eternal life in the pre-earth life, and if they continue faithful will receive it again in this life.

Eph 1:12 That we should be to the praise of his glory, who first trusted in Christ.	So that we who first hoped in Christ [who first put our confidence in Him have been destined and appointed to] live for the praise of His glory! (AMP)
Eph 1:13 In whom ye also [trusted], after that ye heard the word of truth, the gospel of your salvation: in whom also after that ye believed, ye were sealed with that holy Spirit of promise,	In Him you also who have heard the Word of Truth, the glad tidings (Gospel) of your salvation, and have believed in and adhered to and relied on Him, were stamped with the seal of the long-promised Holy Spirit. (AMP)
<p>This is a huge deal. This is the sum and substance of the Gospel and the Doctrine of Christ. Let's spend the time and attention this subject deserves.</p> <p>To be sealed with the holy Spirit of promise is to have your calling and election made sure.</p> <p>This is the promise to all those who will be heirs of the celestial kingdom:</p> <p>D&C 76:53 And who overcome by faith, and are sealed by the Holy Spirit of promise, which the Father sheds forth upon all those who are just and true.</p> <p>But what exactly is the Holy Spirit of Promise?</p> <p>D&C 88:3 Wherefore, I now send upon you another Comforter, even upon you my friends, that it may abide in your hearts, even the Holy Spirit of promise; which other Comforter is the same that I promised unto my disciples, as is recorded in the testimony of John.</p> <p>D&C 88:4 This Comforter is the promise which I give unto you of eternal life, even the glory of the celestial kingdom;</p> <p>D&C 88:5 Which glory is that of the church of the Firstborn, even of God, the holiest of all, through Jesus Christ his Son—</p> <p>It is not the confirmation of the Holy Ghost. It is the ratification of none other than Jesus Christ, who approves and seals every ordinance, every ascension, every exaltation (uplifting), we pass through on the way back to Father and Mother.</p> <p>2 Nephi 9:41 O then, my beloved brethren, come unto the Lord, the Holy One. Remember that his paths are righteous. Behold, the way for man is narrow, but it lieth in a straight course before him, and the keeper of the gate is the Holy One of Israel; and he employeth no servant there; and there is none other way save it be by the gate; for he cannot be deceived, for the Lord God is his name.</p> <p>I had a bishop who had received his second comforter. He constantly quoted the above passage as a reminder to us.</p> <p>After a person has faith in Christ, repents of his sins, and is baptized for the remission of his sins and receives the Holy Ghost (by the laying on of hands), which is the first Comforter, then let him continue to humble himself before God, hungering and thirsting after righteousness, and living by every word of God, and the Lord will soon say unto him, Son, thou shalt be exalted. When the Lord has thoroughly proved him, and finds that the man is determined to serve Him at all hazards, then</p>	

the man will find his calling and election made sure, then it will be his privilege to receive the other Comforter, which the Lord hath promised the Saints. (DHC 3:380, TPJS, p. 150.)

Now what is this other Comforter? It is no more or less than the Lord Jesus Christ himself & this is the sum & substance of the whole matter, that when any man obtains this last Comforter he will have the personage of Jesus Christ to attend him or appear unto him from time to time. & even he will manifest the Father unto him & they will take up their abode with him, & the visions of the heavens will be opened unto him & the Lord will teach him face to face & he may have a perfect knowledge of the mysteries of the kingdom of God, & this is the state & place the Ancient Saints arrived at when they had such glorious vision Isaiah, Ezekiel, John upon the Isle of Patmos, St Paul in the third heavens, & all the Saints who held communion with the general Assembly & Church of the First Born &c (Words of Joseph Smith, 27 Jun 1839, original spelling.)

God describes the process as follows:

Therefore, sanctify yourselves that your minds become single to God, and the days will come that you shall see him; for he will unveil his face unto you, and it shall be in his own time, and in his own way, and according to his own will. (D&C 88:68.)

It is also explained in the Book of Mormon:

Therefore, I would that ye should be steadfast and immovable, always abounding in good works, that Christ, the Lord God Omnipotent, may seal you his, that you may be brought to heaven, that ye may have everlasting salvation and eternal life, through the wisdom, and power, and justice, and mercy of him who created all things, in heaven and in earth, who is God above all. Amen. (Mosiah 5:15.)

These are experiences that can be had by all under the prescribed conditions, no matter their gender, calling, or status:

Verily, thus saith the Lord: It shall come to pass that *every* soul who forsaketh his sins and cometh unto me, and calleth on my name, and obeyeth my voice, and keepeth my commandments, shall see my face and know that I am; (D&C 93:1.)

Joseph said that our power to “behold [God] face to face” depends “upon [our] diligence and faithfulness in seeking after him.” (Lectures on Faith 2:55.)

“Since it is a promise that God will come to *every* soul who fulfills the requirements, we can use it as a gauge of our spiritual progression. If we have not yet received a visit from the Lord, we can conclude that we are yet falling short on forsaking our sins, coming to Jesus, calling on his name, obeying his voice, and keeping his commandments.

Jesus himself said: “And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent.” (John 17:3.) If you do not know God, you do not have eternal life. If you do not know God here, why would you expect to be worthy to know him hereafter?” Robert Smith, *Teaching for Doctrines the Commandments of Men*

Eph 1:14 Which is the earnest of our inheritance until the redemption of the purchased possession, unto the praise of his glory.	That [Spirit] is the guarantee of our inheritance [the firstfruits, the pledge and foretaste, the down payment on our heritage], in anticipation of its full redemption and our acquiring [complete] possession of it--to the praise of His glory. (AMP)
When you sign a contract, you pay a sum of money called “earnest money”, as a consideration, or as a token that you are serious about completing the transaction. This is the Lord’s assurance that we will have eternal life. It’s called the “second comforter”, because it is a comfort to have this reassurance throughout all our times of trial and testing.	
Eph 1:15 Wherefore I also, after I heard of your faith in the Lord Jesus, and love unto all the saints,	For this reason, because I have heard of your faith in the Lord Jesus and your love toward all the saints (the people of God), (AMP) Paul heard of this evidence of their faith (not just belief, but faith), and is commending the saints.
Eph 1:16 Cease not to give thanks for you, making mention of you in my prayers;	I do not cease to give thanks for you, making mention of you in my prayers. (AMP) Paul acknowledges the grace of God in granting this gift to his saints at Ephesus.
Eph 1:17 That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him:	[For I always pray to] the God of our Lord Jesus Christ, the Father of glory, that He may grant you a spirit of wisdom and revelation [of insight into mysteries and secrets] in the [deep and intimate] knowledge of Him, (AMP)
With this promise, which we obtain through His grace, and because of our intimate relationship with Him, we are entitled to have the heavens opened to us, to commune with the Lord, and have Him teach us face to face and through revelation. To obtain knowledge is to receive facts and principles. To obtain wisdom is to receive an understanding of how to effectively apply facts and principles.	
Eph 1:18 The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints,	By having the eyes of your heart flooded with light, so that you can know and understand the hope to which He has called you, and how rich is His glorious inheritance in the saints (His set-apart ones), (AMP)
D&C 6:7 Seek not for riches but for wisdom, and behold, the mysteries of God shall be unfolded unto you, and then shall you be made rich. Behold, he that hath eternal life is rich. D&C 88:67 And if your eye be single to my glory, your whole bodies shall be filled with light, and there shall be no darkness in you; and that body which is filled with light comprehendeth all things. D&C 76:10 For by my Spirit will I enlighten them, and by my power will I make known unto them the secrets of my will--yea, even those things which eye has not seen, nor ear heard, nor yet entered into the heart of man.	

Eph 1:19 And what [is] the exceeding greatness of his power to us-ward who believe, according to the working of his mighty power,	And [so that you can know and understand] what is the immeasurable and unlimited and surpassing greatness of His power in and for us who believe, as demonstrated in the working of His mighty strength, (AMP)
<p>D&C 76:7 And to them will I reveal all mysteries, yea, all the hidden mysteries of my kingdom from days of old, and for ages to come, will I make known unto them the good pleasure of my will concerning all things pertaining to my kingdom.</p> <p>D&C 76:8 Yea, even the wonders of eternity shall they know, and things to come will I show them, even the things of many generations.</p> <p>D&C 76:9 And their wisdom shall be great, and their understanding reach to heaven; and before them the wisdom of the wise shall perish, and the understanding of the prudent shall come to naught.</p>	
Eph 1:20 Which he wrought in Christ, when he raised him from the dead, and set [him] at his own right hand in the heavenly [places],	<p>Which He exerted in Christ when He raised Him from the dead and seated Him at His [own] right hand in the heavenly [places], (AMP)</p> <p>We will learn the mysteries of God. We will even learn how Christ became Christ.</p>
Eph 1:21 Far above all principality, and power, and might, and dominion, and every name that is named, not only in this world, but also in that which is to come:	<p>Far above all rule and authority and power and dominion and every name that is named [above every title that can be conferred], not only in this age and in this world, but also in the age and the world which are to come. (AMP)</p> <p>Note that in the Hebrew and Biblical sense, a “name” is a title or office.</p>
Eph 1:22 And hath put all [things] under his feet, and gave him [to be] the head over all [things] to the church,	And He has put all things under His feet and has appointed Him the universal and supreme Head of the church [a headship exercised throughout the church], (AMP)
<p>D&C 132:13 And everything that is in the world, whether it be ordained of men, by thrones, or principalities, or powers, or things of name, whatsoever they may be, that are not by me or by my word, saith the Lord, shall be thrown down, and shall not remain after men are dead, neither in nor after the resurrection, saith the Lord your God.</p> <p>D&C 132:14 For whatsoever things remain are by me; and whatsoever things are not by me shall be shaken and destroyed.</p>	
Eph 1:23 Which is his body, the fulness of him that filleth all in all.	Which is His body, the fullness of Him Who fills all in all [for in that body lives the full measure of Him Who makes everything complete, and Who fills everything everywhere with Himself]. (AMP)
<p>D&C 88:11 And the light which shineth, which giveth you light, is through him who enlighteneth your eyes, which is the same light that quickeneth your understandings;</p> <p>D&C 88:12 Which light proceedeth forth from the presence of God to fill the immensity of space--</p>	

<p>D&C 88:13 The light which is in all things, which giveth life to all things, which is the law by which all things are governed, even the power of God who sitteth upon his throne, who is in the bosom of eternity, who is in the midst of all things.</p> <p>This verse speaks of a mystery concerning the Father. Strange that the LDS speakers and commentators are silent about this verse.</p>	
Eph 2:1 And you [hath he quickened], who were dead in trespasses and sins:	And you [He made alive], when you were dead (slain) by [your] trespasses and sins (AMP)
<p>You were quickened by the Spirit. You were justified and sanctified, transfigured, and overcame the second death by being redeemed in to the Presence of God. Therefore, you are alive and no longer considered spiritually dead.</p> <p>Helaman 14:15 For behold, he surely must die that salvation may come; yea, it behooveth him and becometh expedient that he dieth, to bring to pass the resurrection of the dead, that thereby men may be brought into the presence of the Lord.</p> <p>Helaman 14:16 Yea, behold, this death bringeth to pass the resurrection, and redeemeth all mankind from the first death--that spiritual death; for all mankind, by the fall of Adam being cut off from the presence of the Lord, are considered as dead, both as to things temporal and to things spiritual.</p>	
Eph 2:2 Wherein in time past ye walked [regulated your life] according to the course of this world, according to the prince of the power [power refers to authority, not ability] of the air, the spirit that now worketh in the children of disobedience:	<p>In which at one time you walked [habitually]. You were following the course and fashion of this world [were under the sway of the tendency of this present age], following the prince of the power of the air. [You were obedient to and under the control of] the [demon] spirit that still constantly works in the sons of disobedience [the careless, the rebellious, and the unbelieving, who go against the purposes of God]. (AMP)</p> <p>You regulated your life after the god of this world.</p>
Eph 2:3 Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind; and were by nature the children of wrath, even as others.	<p>Among these we as well as you once lived and conducted ourselves in the passions of our flesh [our behavior governed by our corrupt and sensual nature], obeying the impulses of the flesh and the thoughts of the mind [our cravings dictated by our senses and our dark imaginings]. We were then by nature children of [God's] wrath [the buffetings of Satan] and heirs of [His] indignation, like the rest of mankind. (AMP)</p>
Eph 2:4 But God, who is rich in mercy, for his great love wherewith he loved us,	But God--so rich is He in His mercy! Because of and in order to satisfy the great and wonderful and intense love with which He loved us, (AMP)
Eph 2:5 Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;)	Even when we were dead (slain) by [our own] shortcomings and trespasses, He made us alive together in fellowship and in union with Christ;

	<p>[He gave us the very life of Christ Himself, the same new life with which He quickened Him, for] it is by grace (His favor and mercy which you did not deserve) that you are saved (delivered from judgment and made partakers of Christ's salvation). (AMP)</p> <p>In his mercy, through our faith in Him, He quickened us and baptized us with His Spirit into a new relationship, fellowship, and union with Christ. You are justified and sanctified.</p>
Eph 2:6 And hath raised [us] up together, and made [us] sit together in heavenly [places] in Christ Jesus:	<p>And He raised us up [This is an exaltation, but not in the normal LDS meaning of the word.] together with Him and made us sit down together [giving us joint seating with Him] in the heavenly sphere [by virtue of our being] in Christ Jesus (the Messiah, the Anointed One). (AMP)</p>
Eph 2:7 That in the ages to come he might show the exceeding riches of his grace in [his] kindness toward us through Christ Jesus.	<p>He did this that He might clearly demonstrate through the ages to come the immeasurable (limitless, surpassing) riches of His free grace (His unmerited favor) in [His] kindness and goodness of heart toward us in Christ Jesus. (AMP)</p>
Eph 2:8 For by grace are ye saved through faith; and that not of yourselves: [it is] the gift of God:	<p>For it is by free grace (God's unmerited favor) that you are saved (delivered from judgment and made partakers of Christ's salvation) through [your] faith. And this [salvation] is not of yourselves [of your own doing, it came not through your own striving], but it is the gift of God; (AMP)</p> <p>You are saved through and by your faith, not through the works of the law. This is grace.</p>
<p>The operation of grace is an important concept to understand. Grace is the gift of God given to those who exercise real faith. It is not earned by good works. Do-gooders don't deserve to be saved. God doesn't owe them anything. You can't earn your way into the celestial kingdom, for we are all 'unprofitable servants' (Mosiah 2:21) no matter how hard we work. As Daniel K. Judd noted, "We cannot save ourselves no matter how many casseroles we bake or home teaching visits we make. That is what Paul was teaching when he wrote, 'For by grace are ye saved through faith; and that not of yourselves; it is the gift of God: Not of works, lest any man should boast.' (Eph. 2:8-9.)" ("The Savior Has Power To Heal Broken Hearts, Deliver from Infirmities", LDS Church News, 1995, 01/07/95)</p> <p>Grace is abundantly taught in the Book of Mormon, but often incorrectly taught over the pulpit, if it is taught at all. Therefore, grace is a difficult subject for Mormon audiences to grasp. Here are some excellent You Tube videos, speeches done before an LDS audience.</p> <p>His Grace is Sufficient - Brad Wilcox https://youtu.be/yLXr9it_pbY</p>	

The Atonement: 'After All We Can Do' - Brad Wilcox

<https://youtu.be/LVUPWd7s-4c>

Foundations of the Atonement - Robert L. Millet

https://youtu.be/7o5_Acp9X_w

Some thoughts from these talks:

- Grace is receiving what you don't deserve.
- Mercy is not receiving what you deserve.
- Grace is God's acceptance of me
- Faith is my acceptance of God's acceptance of me
- Peace is my acceptance of me
- LDS Bible Dictionary: Grace is unearned divine assistance; the enabling power behind the atonement
- We don't keep the commandments to pay Jesus back. This is equivalent to refusing the gift and offending the giver.
- We keep the commandments to show our gratitude and our love. "If ye love me, keep my commandments."

"Christ doesn't just make up the difference; He is the difference...Christ is not waiting at the finish line once we have done 'all we can do.' He is with us every step of the way... [Christ's] grace is not a booster engine that kicks in once our fuel supply is exhausted. Rather, it is our constant energy source. It is not the light at the end of the tunnel but the light that moves us through the tunnel. [Jesus] paid our debt in full. He didn't pay it all except for a few coins. He paid it all. It is finished."
-Brad Wilcox

In other words, the parable about the bicycle is not correct doctrine, by any stretch of the imagination.

Both of these brothers provide some wonderful insights to help break down the false teachings, traditions, and understandings of grace and The Atonement of Jesus Christ. Christ does not "make up the difference" or "fill the gap" where we fall short, paying only what we cannot pay ourselves. Christ paid our debt in full! He offers this to us freely as a gift! Are we willing to receive it?

"For what doth it profit a man if a gift is bestowed upon him, and he receive not the gift? Behold, he rejoices not in that which is given unto him, neither rejoices in him who is the giver of the gift."
Doctrine and Covenants 88:33

"For we labor diligently to write, to persuade our children, and also our brethren, to believe in Christ, and to be reconciled to God; for we know that it is by grace that we are saved, after all we can do." 2 Nephi 25:23

The Book of Mormon makes it clear that "all we can do" is about faith that leads to absolute, full, complete, sincere, and lasting repentance! What then of our own works and merits? They do not and cannot pay any portion of our debt of sin, but among other things, they serve the following great purposes:

1. To manifest our love of God and gratitude for His gift.

2. To practice becoming like Him each day. Discipleship.

3. To enable our thoughts, words, and deeds to become aligned with His thoughts, words, and deeds, which engraves the image of God upon our countenance.

The only effect that works have on our salvation is that works done, which are motivated by faith, not motivated by a sense of duty, a desire to “look good”, or even a desire to win favor with God. Remember: with God intention is everything.

But, what form does grace take? How does God manifest His unmerited favor? Grace is manifested by God’s giving us gifts of the Spirit – charity, which is an endowment of the Holy Spirit is an absolute prerequisite to receiving the gift of the Holy Ghost, which is the gateway to the path leading to eternal life. While upon that path, we must constantly feast upon the words of Christ: the many manifestations of God: dreams, visions, revelations, visitations, healings, miracles, and every other gift of the Spirit. We grow from grace to grace, by giving grace for grace.

The laws of heaven are unchangable. There are no shortcuts to becoming like Christ. There is only one standard: perfection. Grace does not lower the bar. Grace enables you to achieve that bar.

Eph 2:9 Not of works, lest any man should boast.

Not because of works [not the fulfillment of the Law's demands], lest any man should boast. [It is not the result of what anyone can possibly do, so no one can pride himself in it or take glory to himself.] (AMP)

Isaiah tells us our own righteousness is as filthy rags to the Lord. (Isa. 64:6) Jesus paid it all. We have nothing to boast about.

Eph 2:10 For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.

For we are God's [own] handiwork (His workmanship), recreated in Christ Jesus, [born anew] that we may do those good works which God predestined (planned beforehand) for us [taking paths which He prepared ahead of time], that we should walk in them [living the good life which He prearranged and made ready for us to live]. (AMP)

We who are foreordained by God to serve a mission for Him in this lifetime were chosen aforetime on the basis of our **“faith, repentance, and holy works”** (in that order). It is a given that we will do good. But it is more important that we do good because of our faith.

Eph 2:11 Wherefore remember, that ye [being] in time past Gentiles in the flesh, who are called

Therefore, remember that at one time you were Gentiles (heathens) in the flesh, called Uncircumcision by those who called themselves

Uncircumcision by that which is called the Circumcision in the flesh made by hands;	<p>Circumcision, [itself a mere mark] in the flesh made by human hands. (AMP)</p> <p>In other words, you as the Gentiles were looked down upon by the Jews.</p>
Eph 2:12 That at that time ye were without Christ, being aliens from the commonwealth of Israel, and strangers from the covenants of promise, having no hope, and without God in the world:	<p>[Remember] that you were at that time separated (living apart) from Christ [excluded from all part in Him], utterly estranged and outlawed from the rights of Israel as a nation, and strangers with no share in the sacred compacts of the [Messianic] promise [with no knowledge of or right in God's agreements, His covenants]. And you had no hope (no promise); you were in the world without God. (AMP)</p> <p>You now have a hope in Christ, which is an anchor to your soul.</p>
Eph 2:13 But now in Christ Jesus ye who sometimes were far off are made nigh by the blood of Christ.	<p>But now in Christ Jesus, you who once were [so] far away, through (by, in) the blood of Christ have been brought near. (AMP)</p> <p>You have drawn near to the Lord and He has drawn near to you.</p>
Eph 2:14 For he is our peace, who hath made both one, and hath broken down the middle wall of partition [between us];	<p>For He is [Himself] our peace (our bond of unity and harmony). He has made us both [Jew and Gentile] one [body], and has broken down (destroyed, abolished) the hostile dividing wall between us, (AMP)</p> <p>All the saints are alike in Christ, and are one in Him.</p>
Eph 2:15 Having abolished in his flesh the enmity, [even] the law of commandments [contained] in ordinances; for to make in himself of twain one new man, [so] making peace;	<p>By abolishing in His [own crucified] flesh the enmity [caused by] the Law with its decrees and ordinances [which He annulled]; that He from the two might create in Himself one new man [one new quality of humanity out of the two], so making peace. (AMP)</p> <p>Christ also made it possible for us to be one with ourselves.</p>
Eph 2:16 And that he might reconcile both unto God in one body by the cross, having slain the enmity thereby:	<p>And [He designed] to reconcile to God both [Jew and Gentile, united] in a single body by means of His cross, thereby killing the mutual enmity and bringing the feud to an end. (AMP)</p>
Eph 2:17 And came and preached peace to you which were afar off, and to them that were nigh.	<p>And He came and preached the glad tidings of peace to you who were afar off and [peace] to those who were near. (AMP)</p>

Eph 2:18 For through him we both have access by one Spirit unto the Father.	<p>For it is through Him that we both [whether far off or near] now have an introduction (access) by one [Holy] Spirit to the Father [so that we are able to approach Him]. (AMP)</p> <p>Jews and Gentiles, we can all approach Christ on the same basis, and in the same standing.</p>
Eph 2:19 Now therefore ye are no more strangers and foreigners, but fellowcitizens with the saints, and of the household of God;	<p>Therefore you are no longer outsiders (exiles, migrants, and aliens, excluded from the rights of citizens), but you now share citizenship with the saints (God's own people, consecrated and set apart for Himself); and you belong to God's [own] household. (AMP)</p>
<p>In the many verses, leading up to this well-known missionary scripture, Paul has been explaining how the wall separating Jew and Gentile has been broken down, and that because of Christ, we can all approach God the same. The elders tell investigators that water baptism entitles you to be members of the church on an equal standing with other members.</p> <p>But there is far more, having received the baptism of fire and baptism of the Holy Ghost, you are now adopted in as sons and daughters of Christ. You are members of the family of Christ, both here in the Telestial world, as well as in heavenly places.</p>	
Eph 2:20 And are built upon the foundation of the apostles and prophets, Jesus Christ himself being the chief corner [stone];	<p>You are built upon the foundation of the apostles and prophets with Christ Jesus Himself the chief Cornerstone. (AMP)</p>
<p>This is the place where the missionaries preach about the organization of the LDS church, and its similarity to the church in Paul's day. But this is where the similarity ends. In Paul's day, apostles were living witnesses of the resurrection of Christ. They had received all three baptisms. They knew the importance of fellowship with Christ in the heavenlies, and taught the saints how to achieve that fellowship, having received it themselves.</p> <p>Christ is the foundation of His church, and every true disciple of Christ has the duty, privilege, and right to know Him personally. How do we know we can do this? If the church is based on the foundation of living witnesses, who testify of the living Christ, and who are called and ordained by Christ, Himself, to baptize with fire and with the Holy Ghost. How do we recognize His church?</p> <ol style="list-style-type: none"> 1. It is called after His name. 2. It teaches and is built upon His Gospel. 3. The Father shows forth His works (gifts of the Spirit) in it. 	
Eph 2:21 In whom all the building fitly framed together groweth unto an holy temple in the Lord:	<p>In Him the whole structure is joined (bound, welded) together harmoniously, and it continues to rise (grow, increase) into a holy temple in the Lord [a sanctuary dedicated, consecrated, and sacred to the presence of the Lord]. (AMP)</p>
<p>The Telestial church is a model of the Terrestrial church, and the Celestial church of the firstborn. We are the temple of the Lord, composed of living stones, gathered by the spirit of Elias, sealed (mortared) together by the spirit of Elijah, built up to the capstone, fit to receive the spirit of Messiah.</p>	

Eph 2:22 In whom ye also are builded together for an habitation of God through the Spirit.	<p>In Him [and in fellowship with one another] you yourselves also are being built up [into this structure] with the rest, to form a fixed abode (dwelling place) of God in (by, through) the Spirit. (AMP)</p> <p>Fellowship is a beautiful word. In the Greek, it means a deep and intimate relationship.</p>
Eph 3:1 For this cause I Paul, the prisoner of Jesus Christ for you Gentiles,	<p>For this reason [because I preached that you are thus built up together], I, Paul, [am] the prisoner of Jesus the Christ for the sake and on behalf of you Gentiles—(AMP)</p> <p>These are the reasons why Paul has dedicated his life (i.e., made himself a captive prisoner) to the service of God. And these are the reasons why anybody who has experienced all three baptisms, and their second comforter is likewise dedicated to introducing people to Christ.</p>
Eph 3:2 If ye have heard of the dispensation of the grace of God which is given me to you-ward:	Assuming that you have heard of the stewardship of God's grace (His unmerited favor) that was entrusted to me [to dispense to you] for your benefit, (AMP)
Eph 3:3 How that by revelation he made known unto me the mystery; (as I wrote afore in few words,	[And] that the mystery (secret) was made known to me and I was allowed to comprehend it by direct revelation, as I already briefly wrote you. (AMP)
Eph 3:4 Whereby, when ye read, ye may understand my knowledge in the mystery of Christ)	<p>When you read this you can understand my insight into the mystery of Christ. (AMP)</p> <p>An apostle who speaks the words of Christ, from the revelations he has received.</p>
Eph 3:5 Which in other ages was not made known unto the sons of men, as it is now revealed unto his holy apostles and prophets by the Spirit;	[This mystery] was never disclosed to human beings in past generations as it has now been revealed to His holy apostles (consecrated messengers) and prophets by the [Holy] Spirit. (AMP)
Eph 3:6 That the Gentiles should be fellowheirs, and of the same body, and partakers of his promise in Christ by the gospel:	<p>[It is this:] that the Gentiles are now to be fellow heirs [with the Jews], members of the same body and joint partakers [sharing] in the same divine promise in Christ through [their acceptance of] the glad tidings (the Gospel). (AMP)</p> <p>The mystery that was revealed to Paul (and to Peter as well) was that the Gospel was to be taken to the Gentiles.</p>

Eph 3:7 Whereof I was made a minister, according to the gift of the grace of God given unto me by the effectual working of his power.	<p>Of this [Gospel] I was made a minister according to the gift of God's free grace (undeserved favor) which was bestowed on me by the exercise (the working in all its effectiveness) of His power. (AMP)</p> <p>He received his calling by God's own voice.</p>
Eph 3:8 Unto me, who am less than the least of all saints, is this grace given, that I should preach among the Gentiles the unsearchable riches of Christ;	<p>To me, though I am the very least of all the saints (God's consecrated people), this grace (favor, privilege) was granted and graciously entrusted: to proclaim to the Gentiles the unending (boundless, fathomless, incalculable, and exhaustless) riches of Christ [wealth which no human being could have searched out], (AMP)</p> <p>God usually picks the "least likely to" for His servants.</p>
Eph 3:9 And to make all [men] see what [is] the fellowship of the mystery, which from the beginning of the world hath been hid in God, who created all things by Jesus Christ:	<p>Also to enlighten all men and make plain to them what is the plan [regarding the Gentiles and providing for the salvation of all men] of the mystery kept hidden through the ages and concealed until now in [the mind of] God Who created all things by Christ Jesus. (AMP)</p> <p>God had this in mind all along, and just not revealed it to us.</p>
Eph 3:10 To the intent that now unto the principalities and powers in heavenly [places] might be known by the church the manifold wisdom of God,	<p>[The purpose is] that through the church the complicated, many-sided wisdom of God in all its infinite variety and innumerable aspects might now be made known to the angelic rulers and authorities (principalities and powers) in the heavenly sphere. (AMP)</p> <p>God has revealed the wisdom known to the angels unto us.</p>
Eph 3:11 According to the eternal purpose which he purposed in Christ Jesus our Lord:	<p>This is in accordance with the terms of the eternal and timeless purpose which He has realized and carried into effect in [the person of] Christ Jesus our Lord, (AMP)</p> <p>According to His eternal plans.</p>
Eph 3:12 In whom we have boldness and access with confidence by the faith of him.	<p>In Whom, because of our faith in Him, we dare to have the boldness (courage and confidence) of free access (an unreserved approach to God with freedom and without fear). (AMP)</p> <p>We can approach him in boldness.</p>

Eph 3:13 Wherefore I desire that ye faint not at my tribulations for you, which is your glory.	So I ask you not to lose heart [not to faint or become despondent through fear] at what I am suffering in your behalf. [Rather glory in it] for it is an honor to you. (AMP)
Eph 3:14 For this cause I bow my knees unto the Father of our Lord Jesus Christ,	For this reason [seeing the greatness of this plan by which you are built together in Christ], I bow my knees before the Father of our Lord Jesus Christ, (AMP) It is humbling and awesome for God to reveal His secrets to you,
Eph 3:15 Of whom the whole family in heaven and earth is named,	For Whom every family in heaven and on earth is named [that Father from Whom all fatherhood takes its title and derives its name]. (AMP) God is the Father of us all, and He makes provision for all His children.
Eph 3:16 That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man;	May He grant you out of the rich treasury of His glory to be strengthened and reinforced with mighty power in the inner man by the [Holy] Spirit [Himself indwelling your innermost being and personality]. (AMP)
Eph 3:17 That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love,	May Christ through your faith [actually] dwell (settle down, abide, make His permanent home) in your hearts! May you be rooted deep in love and founded securely on love, (AMP) Paul is leaving his blessing. The more faith you have in Christ, the more you are able to interact with you, and the depth of your relationship will increase. The result is you will become more like him. He will ever be in your heart, just as you are now ever in His.
Eph 3:18 May be able to comprehend with all saints what [is] the breadth, and length, and depth, and height;	That you may have the power and be strong to apprehend and grasp with all the saints [God's devoted people, the experience of that love] what is the breadth and length and height and depth [of it]; (AMP)
Eph 3:19 And to know the love of Christ, which passeth knowledge, that ye might be filled with all the fulness of God.	[That you may really come] to know [practically, through experience for yourselves] the love of Christ, which far surpasses mere knowledge [without experience]; that you may be filled [through all your being] unto all the fullness of God [may have the richest measure of the divine Presence, and become a body wholly filled and flooded with God Himself]! (AMP)

	<p>The Greek word “to know” really means “to come to know”. We don’t know everything all at once; we come to know it. This is what it means to come to know God. This is eternal life.</p>
<p>Eph 3:20 Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us,</p>	<p>Now to Him Who, by (in consequence of) the [action of His] power that is at work within us, is able to [carry out His purpose and] do superabundantly, far over and above all that we [dare] ask or think [infinitely beyond our highest prayers, desires, thoughts, hopes, or dreams]— (AMP)</p> <p>This is a great promise. God gives us much more than we deserve, much less expect.</p>
<p>Eph 3:21 Unto him [be] glory in the church by Christ Jesus throughout all ages, world without end. Amen.</p>	<p>To Him be glory in the church and in Christ Jesus throughout all generations forever and ever. Amen (so be it). (AMP)</p>
<p>Eph 4:1 I therefore, the prisoner of the Lord, beseech you that ye walk worthy of the vocation wherewith ye are called,</p>	<p>I therefore, the prisoner for the Lord, appeal to and beg you to walk (lead a life) worthy of the [divine] calling to which you have been called [with behavior that is a credit to the summons to God's service, (AMP)]</p>
<p>Eph 4:2 With all lowliness and meekness, with longsuffering, forbearing one another in love;</p>	<p>Living as becomes you] with complete lowliness of mind (humility) and meekness (unselfishness, gentleness, mildness), with patience, bearing with one another and making allowances because you love one another. (AMP)</p>
<p>Eph 4:3 Endeavouring to keep the unity of the Spirit in the bond of peace.</p>	<p>Be eager and strive earnestly to guard and keep the harmony and oneness of [and produced by] the Spirit in the binding power of peace. (AMP)</p>
<p>Eph 4:4 [There is] one body, and one Spirit, even as ye are called in one hope of your calling;</p>	<p>[There is] one body and one Spirit--just as there is also one hope [that belongs] to the calling you received— (AMP)</p>
<p>Eph 4:5 One Lord, one faith, one baptism,</p>	<p>[There is] one Lord, one faith, one baptism, (AMP)</p> <p>Unity is a gift of the Spirit. The principles of the Gospel apply to all of us.</p>
<p>Eph 4:6 One God and Father of all, who [is] above all, and through all, and in you all.</p>	<p>One God and Father of [us] all, Who is above all [Sovereign over all], pervading all and [living] in [us] all. (AMP)</p>
<p>Eph 4:7 But unto every one of us is given grace according to the measure of the gift of Christ.</p>	<p>Yet grace (God's unmerited favor) was given to each of us individually [not indiscriminately, but in different ways] in proportion to the measure of Christ's [rich and bounteous] gift. (AMP)</p>

	We can relate to God as a group, but we must also relate to God as individuals.
Eph 4:8 Wherefore he saith, When he ascended up on high, he led captivity captive, and gave gifts unto men.	Therefore it is said, When He ascended on high, He led captivity captive [He led a train of vanquished foes] and He bestowed gifts on men. (AMP)
Eph 4:9 (Now that he ascended, what is it but that he also descended first into the lower parts of the earth?)	<p>[But He ascended?] Now what can this, He ascended, mean but that He had previously descended from [the heights of] heaven into [the depths], the lower parts of the earth? (AMP)</p> <p>In order to rise above all things, Christ first had to descend below all things, in order to acquire the power to lift them up.</p>
Eph 4:10 He that descended is the same also that ascended up far above all heavens, that he might fill all things.)	He Who descended is the [very] same as He Who also has ascended high above all the heavens, that He [His presence] might fill all things (the whole universe, from the lowest to the highest). (AMP)
Eph 4:11 And he gave some, apostles; and some, prophets; and some, evangelists; and some, pastors and teachers;	And His gifts were [varied; He Himself appointed and gave men to us] some to be apostles (special messengers), some prophets (inspired preachers and expounders), some evangelists (preachers of the Gospel, traveling missionaries), some pastors (shepherds of His flock) and teachers. (AMP)
Eph 4:12 For the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ:	His intention was the perfecting and the full equipping of the saints (His consecrated people), [that they should do] the work of ministering toward building up Christ's body (the church), (AMP)
Eph 4:13 Till 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 :	[That it might develop] until we all attain oneness in the faith and in the comprehension of the [full and accurate] knowledge of the Son of God, that [we might arrive] at really mature manhood (the completeness of personality which is nothing less than the standard height of Christ's own perfection), the measure of the stature of the fullness of the Christ and the completeness found in Him. (AMP)
<p>The various gifts of the Spirit are manifested in the various functions and callings of the Priesthood. People should be called to these offices according to the gifts of the Spirit, given to them, not by age, seniority, wealth, church affiliation, family connection, or a desire to activate inactive members. But, also remember that these offices serve purposes, and are only temporary until those purposes are fulfilled. No one occupies an office just to occupy an office. These functions must be fulfilled:</p> <ul style="list-style-type: none"> • Unity of the faith. • Knowledge of the Son of God. 	

<ul style="list-style-type: none"> • Perfection (mature, complete) • Become like Christ 	
Eph 4:14 That 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;	<p>So then, we may no longer be children, tossed [like ships] to and fro between chance gusts of teaching and wavering with every changing wind of doctrine, [the prey of] the cunning and cleverness of unscrupulous men, [gamblers engaged] in every shifting form of trickery in inventing errors to mislead. (AMP)</p> <p>Who treats church members like children? Where do we experience changing winds of doctrine? Constantly changing definitions of morality? Changes in temple ordinances? Constantly changing policies, doctrines, and revelations? Who compares the church to a ship?</p>
Eph 4:15 But speaking the truth in love, may grow up into him in all things, which is the head, [even] Christ:	<p>Rather, let our lives lovingly express truth [in all things, speaking truly, dealing truly, living truly]. Enfolded in love, let us grow up in every way and in all things into Him Who is the Head, [even] Christ (the Messiah, the Anointed One). (AMP)</p> <p>Speaking the truth in love does not always mean soothing, gentle words. We can reprove betimes with sharpness, and even do so in the spirit of love. One of the highest forms of love is to tell somebody the truth.</p>
Eph 4:16 From whom the whole body fitly joined together and compacted by 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.	<p>For because of Him the whole body (the church, in all its various parts), closely joined and firmly knit together by the joints and ligaments with which it is supplied, when each part [with power adapted to its need] is working properly [in all its functions], grows to full maturity, building itself up in love. (AMP)</p> <p>The Amplified version is a good translation from the original Greek.</p>
Eph 4:17 This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the vanity of their mind,	<p>So this I say and solemnly testify in [the name of] the Lord [as in His presence], that you must no longer live as the heathen (the Gentiles) do in their perverseness [in the folly, vanity, and emptiness of their souls and the futility] of their minds. (AMP)</p>
Eph 4:18 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:	<p>Their moral understanding is darkened and their reasoning is beclouded. [They are] alienated (estranged, self-banished) from the life of God [with no share in it; this is] because of the</p>

	<p>ignorance (the want of knowledge and perception, the willful blindness) that is deep-seated in them, due to their hardness of heart [to the insensitiveness of their moral nature]. (AMP)</p> <p>As followers of Christ, we should live better than the other Gentiles in all ways, as individuals, and as groups.</p>
Eph 4:19 Who being past feeling have given themselves over unto lasciviousness, to work all uncleanness with greediness.	In their spiritual apathy they have become callous and past feeling and reckless and have abandoned themselves [a prey] to unbridled sensuality, eager and greedy to indulge in every form of impurity [that their depraved desires may suggest and demand]. (AMP)
Eph 4:20 But ye have not so learned Christ;	<p>But you did not so learn Christ! (AMP)</p> <p>But you know better.</p>
Eph 4:21 If so be that ye have heard him, and have been taught by him, as the truth is in Jesus:	<p>Assuming that you have really heard Him and been taught by Him, as [all] Truth is in Jesus [embodied and personified in Him], (AMP)</p> <p>Assuming that you have actually ascended to the Lord and been taught personally by Him.</p>
Eph 4:22 That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts;	<p>Strip yourselves of your former nature [put off and discard your old unrenewed self] which characterized your previous manner of life and becomes corrupt through lusts and desires that spring from delusion; (AMP)</p> <p>You should be living a different way than you used to live. If you are still living like the world, then you have not been truly converted to Christ.</p>
Eph 4:23 And be renewed in the spirit of your mind;	And be constantly renewed in the spirit of your mind [having a fresh mental and spiritual attitude], (AMP)
Eph 4:24 And that ye put on the new man, which after God is created in righteousness and true holiness.	<p>And put on the new nature (the regenerate self) created in God's image, [Godlike] in true righteousness and holiness. (AMP)</p> <p>Living this way in the Telestial world meets with a lot of opposition. Therefore, you should constantly renew your faith, be constantly repenting, ever learning, ever coming to Christ and nourishing your connection with Him.</p>
Eph 4:25 Wherefore putting away lying, every man truth with his neighbour: for we are members one of another.	Therefore, rejecting all falsity and being done now with it, let everyone express the truth with

	<p>his neighbor, for we are all parts of one body and members one of another. (AMP)</p> <p>Great way to put it. "We are members one of another."</p>
Eph 4:26 Be ye angry, and sin not: let not the sun go down upon your wrath:	When angry, do not sin; do not ever let your wrath (your exasperation, your fury or indignation) last until the sun goes down. (AMP)
As the beatitudes say: "Agree with thine adversary quickly." (Matt. 5:25) Let's be realistic. You are going to get angry sometimes. It is not emotionally healthy to suppress anger. But find a way to express it constructively, and if you are angry with another person, strive to resolve your differences as quickly as possible. Don't let your anger lead you to sin further and do things in the heat of passion that you will regret later.	
Eph 4:27 Neither give place to the devil.	<p>Leave no [such] room or foothold for the devil [give no opportunity to him]. (AMP)</p> <p>Feeling strong emotion such as fear or anger is an open invitation for unclean spirits to try to influence you. Recognize this, and try to prevent it before it happens. If you happen to let your guard down for a moment, recognize it quickly, and repent.</p>
Eph 4:28 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.	<p>Let the thief steal no more, but rather let him be industrious, making an honest living with his own hands, so that he may be able to give to those in need. (AMP)</p> <p>There is honor and joy in work. Would that every person could recognize this.</p>
Eph 4:29 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.	<p>Let no foul or polluting language, nor evil word nor unwholesome or worthless talk [ever] come out of your mouth, but only such [speech] as is good and beneficial to the spiritual progress of others, as is fitting to the need and the occasion, that it may be a blessing and give grace (God's favor) to those who hear it. (AMP)</p> <p>Watch your language. And it's not just cussing and obscenity. Avoid criticism that discourages faith and effort. Recognize that we are not bad people. We are good people who sometimes do bad things.</p>
Eph 4:30 And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption.	And do not grieve the Holy Spirit of God [do not offend or vex or sadden Him], by Whom you were sealed (marked, branded as God's own, secured) for the day of redemption (of final

	deliverance through Christ from evil and the consequences of sin). (AMP)
<p>Do not drive the Holy Spirit away from you. To be realistic, we are all going to sin and occasionally do things that repel the Spirit. But, recognize this when it happens and don't for a second buy into the idea that "all is lost", or you've gone "beyond the point of no return". Repent, and the Lord will forgive.</p> <p>But, whatever you do, do not deny the Holy Ghost, or the Holy Spirit of Promise, once it has had place in you, and you have been pronounced clean. If you do, it would be better for you not to have received it in the first place. The reason for this is you have rejected repentance and put yourself in a place where the Lord cannot rescue you, even if He would.</p>	
Eph 4:31 Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:	Let all bitterness and indignation and wrath (passion, rage, bad temper) and resentment (anger, animosity) and quarreling (brawling, clamor, contention) and slander (evil-speaking, abusive or blasphemous language) be banished from you, with all malice (spite, ill will, or baseness of any kind). (AMP)
<p>When the influence of the Holy Spirit is evident in your life, you will not have an inclination towards malice or contention.</p> <p>Try an experiment. We all get contentious at times. When you do, try and notice whether you are also, at the moment, feeling the Spirit. Chances are you are not. Now, rather than try to use willpower to suppress your feelings of contention, seek instead for the Spirit, and when you receive it, notice what has happened to your anger.</p>	
Eph 4:32 And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.	And become useful and helpful and kind to one another, tenderhearted (compassionate, understanding, loving-hearted), forgiving one another [readily and freely], as God in Christ forgave you.(AMP)
<p>When you truly experience the Spirit in your life, these things will happen naturally as a byproduct. If you find yourself trying to imitate this kind of behavior, stop trying to be a play-actor, and seek for the Spirit, instead.</p>	
Eph 5:1 Be ye therefore followers of God, as dear children;	Therefore be imitators of God [copy Him and follow His example], as wellbeloved children [imitate their father]. (AMP)
<p>Follow God's example. Have you ever been around somebody who is Christ-like? Don't you really want to be like them? Not acting like them, but doing their works out of faith and love, born of the Spirit, just like them. Thank God that there are a few people like this in the world, who give you a taste of what Christ is like. As you follow their example, you will draw closer to the Lord, and follow the Lord's example, just like these people are doing.</p>	
Eph 5:2 And walk in love, as Christ also hath loved us, and hath given himself for us an offering and a sacrifice to God for a sweetsmelling savour.	And walk in love, [esteeming and delighting in one another] as Christ loved us and gave Himself up for us, a slain offering and sacrifice to God [for you, so that it became] a sweet fragrance. (AMP)

	Esteem one another as yourself. Sacrifice for one another as Christ sacrificed for you. He's getting people ready to live in Zion.
Eph 5:3 But fornication, and all uncleanness, or covetousness, let it not be once named among you, as becometh saints;	But immorality (sexual vice) and all impurity [of lustful, rich, wasteful living] or greediness must not even be named among you, as is fitting and proper among saints (God's consecrated people). (AMP)
Eph 5:4 Neither filthiness, nor foolish talking, nor jesting, which are not convenient: but rather giving of thanks.	Let there be no filthiness (obscenity, indecency) nor foolish and sinful (silly and corrupt) talk, nor coarse jesting, which are not fitting or becoming; but instead voice your thankfulness [to God]. (AMP) Gratitude is the highest form of spirituality. It puts us instantly in touch with the Lord,
Eph 5:5 For this ye know, that no whoremonger, nor unclean person, nor covetous man, who is an idolater, hath any inheritance in the kingdom of Christ and of God.	For be sure of this: that no person practicing sexual vice or impurity in thought or in life, or one who is covetous [who has lustful desire for the property of others and is greedy for gain] -- for he [in effect] is an idolater--has any inheritance in the kingdom of Christ and of God. (AMP)
Eph 5:6 Let no man deceive you with vain words: for because of these things cometh the wrath of God upon the children of disobedience.	Let no one delude and deceive you with empty excuses and groundless arguments [for these sins], for through these things the wrath of God comes upon the sons of rebellion and disobedience. (AMP)
Eph 5:7 Be not ye therefore partakers with them.	So do not associate or be sharers with them. (AMP)
<p>Don't take part in their evil activities, but not associating with them is taking it too far. It gives evangelical Christians today an excuse to silence, marginalize, and take away the civil rights of any person or group of persons whom they deem "unworthy", while excusing guilty politicians, their own corrupt pastors, and those who participate in "approved" sins, which they condone. If you don't believe me, listen to the Evangelical Christians condemn both the sins (and the sinners which they claim to love), then go read any of Paul's letters that list the type of sins which bar a person from eternal life. The hypocrites are quick to mention certain sins, but neglect to mention others.</p> <p>There is a great song on You Tube by Casting Crowns. Take a look at these lyrics, then take a good look at yourself.</p> <p>"Jesus, Friend of Sinners", by Casting Crowns</p> <p><i>Jesus, friend of sinners, we have strayed so far away</i> <i>We cut down people in your name but the sword was never ours to swing</i> <i>Jesus, friend of sinners, the truth's become so hard to see</i> <i>The world is on their way to You but they're tripping over me</i></p>	

*Always looking around but never looking up I'm so double minded
A plank eyed saint with dirty hands and a heart divided*

Oh Jesus, friend of sinners

Open our eyes to the world at the end of our pointing fingers

Let our hearts be led by mercy

Help us reach with open hearts and open doors

Oh Jesus, friend of sinners, break our hearts for what breaks yours

Jesus, friend of sinners, the one who's writing in the sand

Make the righteous turn away and the stones fall from their hands

Help us to remember we are all the least of thieves

Let the memory of Your mercy bring Your people to their knees

No one knows what we're for only against when we judge the wounded

What if we put down our signs crossed over the lines and loved like You did

Oh Jesus, friend of sinners

Open our eyes to the world at the end of our pointing fingers

Let our hearts be led by mercy

Help us reach with open hearts and open doors

Oh Jesus, friend of sinners, break our hearts for what breaks yours

You love every lost cause; you reach for the outcast

For the leper and the lame; they're the reason that You came

Lord I was that lost cause and I was the outcast

But you died for sinners just like me, a grateful leper at Your feet

'Cause You are good, You are good and Your love endures forever

Eph 5:8 For ye were sometimes darkness, but now [are ye] light in the Lord: walk as children of light:

For once you were darkness, but now you are light in the Lord; walk as children of Light [lead the lives of those native-born to the Light]. (AMP)

People who walk in the light don't condemn others this way.

Eph 5:9 (For the fruit of the Spirit [is] in all goodness and righteousness and truth;)

For the fruit (the effect, the product) of the Light or the Spirit [consists] in every form of kindly goodness, uprightness of heart, and trueness of life. (AMP)

If you walk by the Spirit, you will demonstrate the fruits of the Spirit.

Eph 5:10 Proving what is acceptable unto the Lord.

And try to learn [in your experience] what is pleasing to the Lord [let your lives be constant proofs of what is most acceptable to Him]. (AMP)

Demonstrate to the world that you are followers of Christ, not to gain the praise of the world, but

	because of your love and your desire to treat people as you would be treated, and because the Spirit of Christ is in you, and leads you to live as He would live.
For a man who doesn't believe in salvation by the works of the law, Paul starts nagging the members with a list of little reminders which would be unnecessary if the people were living according to the promptings of the Spirit. He tells people to walk in the light of the Spirit, and so, enjoy the fruits of the Spirit. If so, why, then, is it necessary to spell all of this out?	
Eph 5:11 And have no fellowship with the unfruitful works of darkness, but rather reprove [them].	Take no part in and have no fellowship with the fruitless deeds and enterprises of darkness, but instead [let your lives be so in contrast as to] expose and reprove and convict them. (AMP) Back to verse 7. Be a light not a judge.
Eph 5:12 For it is a shame even to speak of those things which are done of them in secret.	For it is a shame even to speak of or mention the things that [such people] practice in secret. (AMP) Jesus didn't have a problem being around sinners, yet remaining sinless.
Eph 5:13 But all things that are reprov'd are made manifest by the light: for whatsoever doth make manifest is light.	But when anything is exposed and reprov'd by the light, it is made visible and clear; and where everything is visible and clear there is light. (AMP)
John 3:19 And this is the condemnation, that light is come into the world, and men loved darkness rather than light, because their deeds were evil. John 3:20 For every one that doeth evil hateth the light, neither cometh to the light, lest his deeds should be reprov'd. John 3:21 But he that doeth truth cometh to the light, that his deeds may be made manifest, that they are wrought in God.	
Eph 5:14 Wherefore he saith, Awake thou that sleepest, and arise from the dead, and Christ shall give thee light.	Therefore He says, Awake, O sleeper, and arise from the dead, and Christ shall shine (make day dawn) upon you and give you light. (AMP)
Eph 5:15 See then that ye walk circumspectly, not as fools, but as wise,	Look carefully then how you walk! Live purposefully and worthily and accurately, not as the unwise and witless, but as wise (sensible, intelligent people), (AMP) Take heed to yourselves. Examine your life. Have an attitude of constant repentance. Judge yourself before you judge others.
Eph 5:16 Redeeming the time, because the days are evil.	Making the very most of the time [buying up each opportunity], because the days are evil. (AMP)

	Make every day count. Do not procrastinate the day of your repentance. This day of this life is the time to prepare to meet God.
Eph 5:17 Wherefore be ye not unwise, but understanding what the will of the Lord [is].	Therefore do not be vague and thoughtless and foolish, but understanding and firmly grasping what the will of the Lord is. (AMP)
Eph 5:18 And be not drunk with wine, wherein is excess; but be filled with the Spirit;	And do not get drunk with wine, for that is debauchery; but ever be filled and stimulated with the [Holy] Spirit. (AMP)
Eph 5:19 Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord;	Speak out to one another in psalms and hymns and spiritual songs, offering praise with voices [and instruments] and making melody with all your heart to the Lord, (AMP)
Eph 5:20 Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ;	At all times and for everything giving thanks in the name of our Lord Jesus Christ to God the Father. (AMP)
Eph 5:21 Submitting yourselves one to another in the fear of God.	Be subject to one another out of reverence for Christ (the Messiah, the Anointed One).
Eph 5:22 Wives, submit yourselves unto your own husbands, as unto the Lord.	<p>Wives, be subject (be submissive and adapt yourselves) to your own husbands as [a service] to the Lord. (AMP)</p> <p>I'm glad the Amplified Version mentions this as a service, rather than a duty. Men have absolutely no right to lord it over their wives and demand submission. However, it is a beautiful thing for a wife to submit to her husband out of love. However, we ought to submit to one another. It's not something demanded, and it is not transactional.</p>
Eph 5:23 For the husband is the head of the wife, even as Christ is the head of the church: and he is the saviour of the body.	<p>For the husband is head of the wife as Christ is the Head of the church, Himself the Savior of [His] body. (AMP)</p> <p>Are you husbands as willing to offer and sacrifice yourself for your wives and families as you are willing to demand submission from your wife?</p>
Eph 5:24 Therefore as the church is subject unto Christ, so [let] the wives [be] to their own husbands in every thing.	As the church is subject to Christ, so let wives also be subject in everything to their husbands. (AMP)
Eph 5:25 Husbands, love your wives, even as Christ also loved the church, and gave himself for it;	Husbands, love your wives, as Christ loved the church and gave Himself up for her, (AMP)
Eph 5:26 That he might sanctify and cleanse it with the washing of water by the word,	So that He might sanctify her, having cleansed her by the washing of water with the Word, (AMP)

Eph 5:27 That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish.	That He might present the church to Himself in glorious splendor, without spot or wrinkle or any such things [that she might be holy and faultless]. (AMP)
Eph 5:28 So ought men to love their wives as their own bodies. He that loveth his wife loveth himself.	Even so husbands should love their wives as [being in a sense] their own bodies. He who loves his own wife loves himself. (AMP)
Eph 5:29 For no man ever yet hated his own flesh; but nourisheth and cherisheth it, even as the Lord the church:	For no man ever hated his own flesh, but nourishes and carefully protects and cherishes it, as Christ does the church, (AMP)
To sum this all up, what greater opportunity for the husband and father to teach his family about Christ and the Father than to set an example of them in the home? People actually tend to relate to God as they have been taught to relate to their earthly fathers. Unfortunately, some people look at their father's example and take the exact opposite course.	
Eph 5:30 For we are members of his body, of his flesh, and of his bones.	Because we are members (parts) of His body. (AMP)
Eph 5:31 For this cause shall a man leave his father and mother, and shall be joined unto his wife, and they two shall be one flesh.	For this reason a man shall leave his father and his mother and shall be joined to his wife, and the two shall become one flesh. (AMP)
Eph 5:32 This is a great mystery: but I speak concerning Christ and the church.	This mystery is very great, but I speak concerning [the relation of] Christ and the church. (AMP)
The "great mystery" Paul is talking about is the relationship between Christ and the church, and how they are united with him in one body. When we receive the baptism of fire and the Holy Ghost, we are adopted as His sons and daughters, we become fellowcitizens in the household of faith, and joint participants in the atonement, and we are candidates for membership in the church of the firstborn, which is a mystery beyond the scope of this chapter.	
Eph 5:33 Nevertheless let every one of you in particular so love his wife even as himself; and the wife [see] that she reverence [her] husband.	However, let each man of you [without exception] love his wife as [being in a sense] his very own self; and let the wife see that she respects and reverences her husband [that she notices him, regards him, honors him, prefers him, venerates, and esteems him; and that she defers to him, praises him, and loves and admires him exceedingly]. [I Pet. 3:2.] (AMP)
If a wife would just do this to her husband, she would wield a surprising amount of influence over him. But women typically seek to achieve and maintain power over men the same way men seek to achieve and maintain power over each other, but this never works. Women, discover the key to your husband's heart, and he will treat you better than you can imagine.	
Eph 6:1 Children, obey your parents in the Lord: for this is right.	Children, obey your parents in the Lord [as His representatives], for this is just and right. (AMP)
Eph 6:2 Honour thy father and mother; which is the first commandment with promise;	Honor (esteem and value as precious) your father and your mother--this is the first commandment with a promise—(AMP)
Eph 6:3 That it may be well with thee, and thou mayest live long on the earth.	That all may be well with you and that you may live long on the earth. (AMP)

Eph 6:4 And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord.	Fathers, do not irritate and provoke your children to anger [do not exasperate them to resentment], but rear them [tenderly] in the training and discipline and the counsel and admonition of the Lord. (AMP)
As a kid, this was my favorite part about this section of verses on family matters. Parents should not play mind games with their kids. They should not play favorites. Parents should exercise consistent discipline. The punishment should also be appropriate to the offense. And Parents should present a united front to the children. Don't let the kid play one of you against another. And, most important, as husband and wife, unless your child's life is in danger, your priority is always to your marriage, above the child.	
Eph 6:5 Servants, be obedient to them that are [your] masters according to the flesh, with fear and trembling, in singleness of your heart, as unto Christ;	Servants (slaves), be obedient to those who are your physical masters, having respect for them and eager concern to please them, in singleness of motive and with all your heart, as [service] to Christ [Himself]—(AMP) Since most of us do not have servants, let's relate this to the employer-employee relationship.
Eph 6:6 Not with eyeservice, as menpleasers; but as the servants of Christ, doing the will of God from the heart;	Not in the way of eye-service [as if they were watching you] and only to please men, but as servants (slaves) of Christ, doing the will of God heartily and with your whole soul; (AMP)
Eph 6:7 With good will doing service, as to the Lord, and not to men:	Rendering service readily with goodwill, as to the Lord and not to men, (AMP)
Employees: serve your employer and your customer as you would God.	
Employers: treat your employees right, and they will treat you right.	
Eph 6:8 Knowing that whatsoever good thing any man doeth, the same shall he receive of the Lord, whether [he be] bond or free.	Knowing that for whatever good anyone does, he will receive his reward from the Lord, whether he is slave or free. (AMP)
Eph 6:9 And, ye masters, do the same things unto them, forbearing threatening: knowing that your Master also is in heaven; neither is there respect of persons with him.	You masters, act on the same [principle] toward them and give up threatening and using violent and abusive words, knowing that He Who is both their Master and yours is in heaven, and that there is no respect of persons (no partiality) with Him. (AMP)
Eph 6:10 Finally, my brethren, be strong in the Lord, and in the power of his might.	In conclusion, be strong in the Lord [be empowered through your union with Him]; draw your strength from Him [that strength which His boundless might provides]. (AMP)
Draw strength from the Lord. When you direct your children, or your employees, how you treat your spouse, when you teach, or persuade, draw your strength from the Lord, not from authority, or threats or acts of violence. Be consistent in your behavior. As stated in the prior verse, God is no respecter of persons. You shouldn't be one either.	
What follows is a description of putting on the whole armor of God. When you make a sincere effort to come to Christ, to receive revelations, visions, visitations, and the like, you should expect to	

encounter some opposition in the form of false or deceiving spirits of many kinds. This may take many forms and many people say that the closer they get to Christ, the more intensely the adversary tries to deceive them. People who have received their second comforter do not describe these experiences in detail, but they do describe these experiences as unique and they suggest consulting with the Lord for ways to meet and defeat the adversary. Such practices may include methods of casting out evil spirits. Some suggest praying to the Lord and asking for your “spiritual armor”, which typically consists of the following items. Note the emphasis on being able to **stand**. You should, ideally, be able to confront, resist, and even defeat your enemy. But, at the very least you should obtain what your need from the Lord be able to **stand**. Power is the ability to maintain a position, and not retreat. Call upon the Lord and His angels to assist you.

This is an individual activity. When I asked the Lord for my spiritual armor, an angel came and gave me something different. Without going into any details, what I received was offensive, rather than defensive, and rather tailored to me and my particular situation. So, always ask the Lord. When you get to the point where are you ready for your spiritual armor, you should be in a position to seek revelation from the Lord and receive clear answers.

Here is a hint. The first time I was attacked, I didn’t know about asking for spiritual armor, so I just followed the Spirit. The only thing I had at my disposal was my testimony, which was my “sword of truth”. I bore my testimony, and spoke what I knew to be true. Another time, I simply knelt and prayed and asked the Lord to help me forgive a number of people that I hadn’t yet forgiven. Gee, evil spirits don’t like it when you bear your testimony or seek to forgive. They really don’t like that.

Eph 6:11 Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.	Put on God's whole armor [the armor of a heavy-armed soldier which God supplies], that you may be able successfully to stand up against [all] the strategies and the deceits of the devil. (AMP)
Eph 6:12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high [places].	For we are not wrestling with flesh and blood [contending only with physical opponents], but against the despotisms, against the powers, against [the master spirits who are] the world rulers of this present darkness, against the spirit forces of wickedness in the heavenly (supernatural) sphere. (AMP)
Know what you are up against. Be able to stand up to them, with the help of the Lord and confront them. Yes, the rulers of the darkness of this world, are in the heavens. When we get to Revelation, chapter 12, we will read that while many of Satan’s followers are on the earth, the rulers of darkness are still in the heavens, and will not be cast down to the earth until the last days.	
Eph 6:13 Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand .	Therefore put on God's complete armor, that you may be able to resist and stand your ground on the evil day [of danger], and, having done all [the crisis demands], to stand [firmly in your place]. (AMP)
Eph 6:14 Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;	Stand therefore [hold your ground], having tightened the belt of truth around your loins and having put on the breastplate of integrity and of moral rectitude and right standing with God, (AMP)

Eph 6:15 And your feet shod with the preparation of the gospel of peace;	And having shod your feet in preparation [to face the enemy with the firm-footed stability, the promptness, and the readiness produced by the good news] of the Gospel of peace. (AMP)
Eph 6:16 Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.	Lift up over all the [covering] shield of saving faith, upon which you can quench all the flaming missiles of the wicked [one]. (AMP)
Eph 6:17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God:	And take the helmet of salvation and the sword that the Spirit wields, which is the Word of God. (AMP)
Eph 6:18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;	Pray at all times (on every occasion, in every season) in the Spirit, with all [manner of] prayer and entreaty. To that end keep alert and watch with strong purpose and perseverance, interceding in behalf of all the saints (God's consecrated people). (AMP)
<p>Whatever else the Lord may tell you to do, this one applies universally. Keep a prayer in your hearts constantly. Read Alma 34. I cannot emphasize enough how maintaining a constant daily dialog with the Lord throughout the day is conducive to constant and clear revelation from him.</p> <p>To “watch” means to spend extended “holy time” with the Lord meditating and praying and doing that which increases your relationship with Him. This was a practice carried out in ancient Israel and was taught by the Savior as a way to withstand temptation.</p>	
Eph 6:19 And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel,	<p>And [pray] also for me, that [freedom of] utterance may be given me, that I may open my mouth to proclaim boldly the mystery of the good news (the Gospel), (AMP)</p> <p>While you are at it, pray for God’s servants. I honor the servants of the Lord almost as much as I honor the Lord.</p>
Eph 6:20 For which I am an ambassador in bonds: that therein I may speak boldly, as I ought to speak.	For which I am an ambassador in a coupling chain [in prison. Pray] that I may declare it boldly and courageously, as I ought to do. (AMP)
Eph 6:21 But that ye also may know my affairs, [and] how I do, Tychicus, a beloved brother and faithful minister in the Lord, shall make known to you all things:	<p>Now that you may know how I am and what I am doing, Tychicus, the beloved brother and faithful minister in the Lord [and His service], will tell you everything. (AMP)</p> <p>Tychicus is bringing this letter, and he will deliver it to you.</p>
Eph 6:22 Whom I have sent unto you for the same purpose, that ye might know our affairs, and [that] he might comfort your hearts.	I have sent him to you for this very purpose, that you may know how we are and that he may console and cheer and encourage and strengthen your hearts. (AMP)

Eph 6:23 Peace [be] to the brethren, and love with faith, from God the Father and the Lord Jesus Christ.	Peace be to the brethren, and love joined with faith, from God the Father and the Lord Jesus Christ (the Messiah, the Anointed One). (AMP)
Eph 6:24 Grace [be] with all them that love our Lord Jesus Christ in sincerity. Amen.	Grace (God's undeserved favor) be with all who love our Lord Jesus Christ with undying and incorruptible [love]. Amen (so let it be) (AMP)