

圣经

Bilingual Bible

和合本 (雅伟版)

以弗所书

汉英对照

和合本(雅) / Lexham English Bible

2017 试读版

雅伟的话

YahwehDeHua.net

圣经

和合本(雅伟版)

汉英对照

和合本 (雅) / LEB

Bilingual Bible

Chinese Union Version (Yahweh edition)

Chinese / English

2017 试读版 (Beta edition 2017.04.18)

和合本(雅伟版)

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英语圣经

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圣经

和合本(雅伟版)

pdf 电子书

2017 试读版 (Beta edition 2017.04.18)

编者序

圣经是犹太人的文献，成书前后历时一千五百多年。圣经是由四十位不同的作者，在神的感动下，以当时通用的文字、语法书写而成的。圣经包含两个部分：旧约和新约。旧约（39 书卷）主要是用希伯来语写的，新约（27 书卷）则是用希腊语写的。

圣经是基督徒信仰的依据，我们需要认真、仔细地研读，好使我们的信仰能有根有基地建立在圣经的基础上。随着华人教会的发展，近数十年来已有许多圣经汉语译本诞生，但至今最普及的仍然是和合本译本。

为帮助信徒能更好地、更正确地明白圣经，我们特意制作了一部附带原文编号的和合本电子版圣经。这部电子版圣经做了以下的修订：

- 1 希伯来语圣经（旧约）中的神的名字是 יהוה (YHWH)，原文编号是 H3068（例：创 2:4）(H3069 是同字的变化型)。YHWH 的正确读音为 Yahweh（雅伟）。和合本当年采用了错误的英语音译 Jehovah（耶和華），本修订版采用现今学者公认更正确的音译：雅伟。

神的名字的缩写形式是 יה (Yah , 原文编号 H3050) , 也一律修订为 " 雅伟 " (例 : 出 15:2) 。

- 2 原文含 " 雅伟 " 一字 , 却在和合本中未被译出 , 现以 灰字及 [] 修正。例 : 我 [雅伟] (原文含 " 雅伟 " 一字 , 并无 " 我 " 字 , 参看出 24:1) 。
- 3 新约年代的犹太人因为避讳直称神的名字 , 就以 " 主 G2962 " 字来代替神的名字。但希腊语 " 主 " 字用途广泛 , 除了指主雅伟神 , 也可指主耶稣 , 也可指奴隶主或位高权重的人。这就导致了信徒无法区分主 (耶稣) 和神 (雅伟) , 甚至产生将两者混为一谈的乱象。故此 , 本修订版做了以下的修正 :
 - ◆ 凡以 " 主 " 意指雅伟的 , 现修订为 " 主 [雅伟] " (例 : 太 1:22) 。
 - ◆ 以 " 主 " 称呼耶稣的 , 除直接称 " 主耶稣 " 外 (例 : 可 16:19) , 都一律修订为 " 主* " (例 : 太 7:21) 。
 - ◆ 但凡指基督的 " 主 " , 都修订为 " 主# " (例 : 太 22:43, 44, 45) 。
 - ◆ 若文意不明显 , 无法明确区分 , 可指主雅伟神或主耶稣 , 则不加标示 (例 : 太 21:3) 。
 - ◆ 无原文支持的 " 主 " 字 , 则标示为灰字 " 主 " (例 : 太 2:12, 22) 。
 - ◆ 若指人、主人、财主等 , 则不加标示 (例 : 太 6:24 ; 10:24) 。
- 4 和合本 1919 年出版 , 参考了 1885 出版的英语译本 Revised Version (简称 RV , 或称 English Revised Version 【ERV】) , 并以当时最新编辑的 Westcott-Hort 1881 (简称 WH) 作为翻译新约的希腊语文本 (text type) 。

英语钦译本 (King James Version , KJV 1611) 是采用了 " 公认

文本" (Textus Receptus TR 1550、Beza 1588 等，简称 TR) 作为翻译新约的希腊语文本。WH 和 TR 是属于不同体系的希腊语文本，两者有出入和差异是在所难免的。简单地说，WH 与 TR 是文本编者根据不同的希腊语手抄本辑录而成的 (已知的希腊语手抄本共有 5800 本之多) 。

WH 与 TR 的差异，导致和合本与钦译本有诸多的出入。现今网上流传的附带原文编号的和合本新约，都是直接把英语钦译本的编号导入和合本当中，并没有经过全面校对，结果导致多处的文字与编号并不吻合。所以网上流传的版本是不适合用来作严谨的词字查考 (word study) 的。

WH 是当今最可靠的 Nestle-Aland (NA28) 2012 文本的前身，可说是已经功成身退，但因为它跟和合本的关系密切，应给与重视。我们现在提供的附带原文编号、文法编码的和合本，就是参照 WH 修订的。希望这个修订版本能为大家提供一个可靠的原文和翻译的对照，并借用原文编号作为词字查考的查经平台，以补充汉语翻译上的欠缺。

至于旧约，我们是以 Westminster Leningrad Codex (LC) 作为修订的参考。

原文编号是源自史特朗 (James Strong) 1890 年出版的《史特朗经文汇编》。史特朗按原文字根逐字排序，并配上编号：希伯来语由 H1-H8674，希腊语由 G1-G5624。之后有学者再附加 H8675-H8853 及 G5625-G5942 作为原文动词的文法分析 (Tense Voice & Mood 【TVM】) 的编码。

- 5 凡指女性的，及拟人化下的 " 他 " 一律改为 " 她 " 字 (例：太 1:19) 。
- 6 凡不是指人的，一律采用 " 它 " 字 (例：太 5:13) 。

7 本 2007 修订发布两套电子书(pdf) :

◆ 纯文字:

旧、新约汉英对照：和合本(雅伟版)对照英语 Lexham English Bible (LEB) ; LEB 经文中含原有翻译资料，以 ^{Note: ...} 显示；使文意通顺而加上的词字，则以 / 显示。汉语方面没有对和合本进行删改，唯对相关雅伟名字若需补充注明，以 灰字或 [] 显示 (例：代上 29:21) 。

◆ 附原文编号:

新约 汉语/希腊语对照：和合本(雅伟版) 对照希腊语 Westcott-Hort (WH) 。

旧约 汉语/希伯来语对照：和合本(雅伟版) 对照希伯来语 Leningrad Codex (LC) 。

都附带原文编号、原文编码以作比较。

若有反馈或发现错误，请电邮 yahwehdehua@gmail.com。特此感谢曾参与文字校对、提供计算机技术支持的弟兄姐妹及众同工。

孙树民

2017 年 4 月 18 日

你的言语在我上膛何等甘美，在我口中比蜜更甜！

我借着你的训词得以明白，所以我恨一切的假道。

你的话是我脚前的灯，是我路上的光。

诗 119:103-105



以弗所书

第 1 章

1	奉神旨意，作基督耶稣使徒的保罗，写信给在以弗所的圣徒，就是在基督耶稣里有忠心的人。	Paul, an apostle of Christ Jesus by the will of God, to the saints who are in Ephesus <small>{Note: A number of the earliest and most important manuscripts omit "in Ephesus," though it is hard to make sense of the line without this phrase (cf. rsv, "to the saints who are also faithful")}</small> and faithful in Christ Jesus:
2	愿恩惠、平安从神我们的父和主耶稣基督归与你们！	Grace to you and peace from God our Father and the Lord Jesus Christ.
3	愿颂赞归与我们主耶稣基督的父神！他在基督里曾赐给我们天上各样属灵的福气：	Blessed <i>[is]</i> <small>{Note: Or "blessed [be]"}</small> the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly <i>[places]</i> in Christ,
4	就如神从创立世界以前，在基督里拣选了我们，使我们在他面前成为圣洁，无有瑕疵；	just as he chose us in him before the foundation of the world, <i>[that]</i> we should be holy and blameless before him in love, <small>{Note: Or "before him, having predestined us in love" (the phrase "in love" could go either with v. <4> or v. <5>)}</small>
5	又因爱我们，就按着自己旨意所喜悦的，预定我们藉着耶稣基督得儿子的名分，	having predestined us to adoption through Jesus Christ to himself according to the good pleasure of his will,
6	使他荣耀的恩典得着称赞；这恩典是他在爱子里所赐给我们的。	to the praise of the glory of his grace that he bestowed on us in the beloved,
7	我们藉这爱子的血得蒙救赎，过犯得以赦免，乃是照他丰富的恩典。	in whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace,
8	这恩典是神用诸般智慧聪明，充充足足赏给我们的；	that he caused to abound to us in all wisdom and insight,
9	都是照他自己所预定的美意，叫我们知道他旨意的奥秘，	making known to us the mystery of his will, according to his good pleasure that he purposed in him,
10	要照所安排的，在日期满足的时候，使天上、地上、一切所有的都在基督里面同归于一。	for the administration of the fullness of times, to bring together all things in Christ, the things in the heavens and the things on the earth, in him
11	我们也在他里面得（或作：成）了基业；这原是那位随己意行、做万事的，照着他旨意所预定的，	in whom also we were chosen, having been predestined according to the purpose of the One who works all <i>[things]</i> according to the counsel of his will,
12	叫他的荣耀从我们这首先在基督里有盼望的人可以得着称赞。	<i>[that]</i> we who hoped beforehand in Christ should be for the praise of his glory,
13	你们既听见真理的道，就是那叫你们得救的福音，也信了基督，既然信他，就受了所应许的圣灵为印记。	in whom also you, when you heard <small>{Note: *This participle ("hearing") and the following one ("believing") are understood as temporal}</small> the word of truth, the gospel of your salvation, in whom also when you believed you were sealed with the promised Holy Spirit,

14	这圣灵是我们得基业的凭据（原文作：质），直等到神之民（原文作：产业）被赎，使他的荣耀得著称赞。	who is the down payment of our inheritance, until the redemption of the possession, to the praise of his glory.
15	因此，我既听见你们信从主耶稣，亲爱众圣徒，	Because of this I also, hearing of your faith ^{Note: Literally "the according to you faith"} in the Lord Jesus and your love for all the saints,
16	就为你们不住的感谢神。祷告的时候，常题到你们，	do not cease giving thanks for you, making mention in my prayers,
17	求我们主耶稣基督的神，荣耀的父，将那赐人智慧和启示的灵赏给你们，使你们真知道他，	that the God of our Lord Jesus Christ, the glorious Father ^{Note: Literally "the Father of glory"} , ^{Note: "Here "glorious" is an attributive genitive} may give you a spirit of wisdom ^{Note: "Or "spiritual wisdom" (with "wisdom" is an attributive genitive)} and revelation in the knowledge of him
18	并且照明你们心中的眼睛，使你们知道他的恩召有何等指望，他在圣徒中得的基业有何等丰盛的荣耀；	(the eyes of your hearts having been enlightened), so that you may know what is the hope of his calling, what <i>[are]</i> the riches of the glory of his inheritance among the saints,
19	并知道他向我们这信的人所显的能力是何等浩大，	and what <i>[is]</i> the surpassing greatness of his power toward us who believe, according to the working of his mighty strength
20	就是照他在基督身上所运行的大能大力，使他从死里复活，叫他在天上坐在自己的右边，	which he has worked ^{Note: Some manuscripts have "he worked"} in Christ, raising ^{Note: "These participles are either means ("by raising ... and seating") or temporal ("when he raised ... and seated")} him from the dead and seating <i>[him]</i> ^{Note: "Here the direct object is supplied from context in the English translation"} at his right hand in the heavenly <i>[places]</i> ,
21	远超过一切执政的、掌权的、有能的、主治的，和一切有名的；不但是今世的，连来世的也都超过了。	above all rule and authority and power and lordship and every name named, not only in this age but also in the coming one,
22	又将万有服在他的脚下，使他为教会作万有之首。	and he subjected all <i>[things]</i> under his feet ^{Note: An allusion to <Ps 8:6>} and gave him <i>[as]</i> head over all <i>[things]</i> to the church,
23	教会是他的身体，是那充满万有者所充满的。	which is his body, the fullness of the one who fills all <i>[things]</i> in every <i>[way]</i> .

第 2 章

1	你们死在过犯罪恶之中，他叫你们活过来。	And you, although you were dead ^{Note: Literally "and you being dead"} ^{Note: "Here the participle ("being") is understood as concessive"} in your trespasses and sins,
2	那时，你们在其中行事为人，随从今世的风俗，顺服空中掌权者的首领，就是现今在悖逆之子心中运行的邪灵。	in which you formerly walked according to the course of this world, according to the ruler of the authority of the air, the spirit now working in the sons of disobedience,
3	我们从前也都在他们中间，放纵肉体的私欲，随着肉体 and 心中所喜好的去行，本为可怒之子，和别人一样。	among whom also we all formerly lived in the desires of our flesh, doing the will ^{Note: Or "desires"} of the flesh and of the mind, and we were children of wrath ^{Note: This phrase is a Semitic idiom which can mean either (1) "children characterized by wrath" or (2) "children destined for wrath"} by nature, as also the rest of <i>[them]</i> were.

4	然而，神既有丰富的怜悯，因他爱我们的大爱，	But God, being rich in mercy, because of his great love <i>[with]</i> which he loved us,
5	当我们死在过犯中的时候，便叫我们与基督一同活过来。你们得救是本乎恩。	and we being dead in trespasses, he made <i>[us]</i> alive together with Christ (by grace you are saved),
6	他又叫我们与基督耶稣一同复活，一同坐在天上，	and raised <i>[us]</i> together and seated <i>[us]</i> together in the heavenly <i>[places]</i> in Christ Jesus,
7	要将他极丰富的恩典，就是他在基督耶稣里向我们所施的恩慈，显明给后来的世代看。	in order that he might show in the coming ages the surpassing riches of his grace in kindness upon us in Christ Jesus.
8	你们得救是本乎恩，也因着信；这并不是出于自己，乃是神所赐的；	For by grace you are saved through faith, and this <i>[is]</i> not from yourselves, <i>[it is]</i> the gift of God;
9	也不是出于行为，免得有人自夸。	<i>[it is]</i> not from works, so that no one can boast.
10	我们原是他的工作，在基督耶稣里造成的，为要叫我们行善，就是神所预备叫我们行的。	For we are his creation, created in Christ Jesus for good works, which God prepared beforehand, so that we may walk in them.
11	所以你们应当记念：你们从前按肉体是外邦人，是称为没受割礼的；这名原是那些凭人手在肉身上称为受割礼之人所起的。	Therefore remember that formerly you, the Gentiles in <i>[the]</i> flesh, the so-called uncircumcision by the so-called circumcision in <i>[the]</i> flesh, made by hands,
12	那时，你们与基督无关，在以色列国民以外，在所应许的诸约上是局外人，并且活在世上没有指望，没有神。	that you were at that time apart from Christ, alienated from the citizenship of Israel, and strangers to the covenants of promise, not having hope, and without God in the world.
13	你们从前远离神的人，如今却在基督耶稣里，靠着他的血，已经得亲近了。	But now in Christ Jesus you, the ones who once were far away, have become near by the blood of Christ.
14	因他使我们和睦（原文作：因他是我们的和睦），将两下合而为一，拆毁了中间隔断的墙；	For he himself is our peace, who made both one and broke down the dividing wall of the partition, the enmity, in his flesh,
15	而且以自己的身体废掉冤仇，就是那记在律法上的规条，为要将两下藉着自己造成一个新人，如此便成就了和睦。	invalidating the law of commandments in ordinances, in order that he might create the two in himself into one new man, <i>[thus]</i> <small>{Note: "Here "[thus]" is supplied as a component of the participle ("making") which is understood as result}</small> making peace,
16	既在十字架上灭了冤仇，便藉这十字架使两下归为一体，与神和好了，	and might reconcile both in one body to God through the cross, killing the enmity in himself. <small>{Note: Or "by it" (referring to the cross)}</small>
17	并且来传和平的福音给你们远处的人，也给那近处的人。	And coming, he proclaimed the good news of peace to you who were far away and peace to the ones who were near,
18	因为我们两下藉着他被一个圣灵所感，得以进到父面前。	because through him <i>[we]</i> both have access in one Spirit to the Father.

19	这样，你们不再作外人和客旅，是与圣徒同国，是神家里的人了；	Consequently, therefore, you are no longer strangers and foreigners, but you are fellow citizens of the saints and members of the household of God,
20	并且被建造在使徒和先知的根基上，有基督耶稣自己为房角石，	built on the foundation of the apostles and prophets, Christ Jesus himself being the cornerstone, <small>(Note: Or perhaps "capstone")</small>
21	各（或作：全）房靠他联络得合式，渐渐成为主[雅伟]的圣殿。	in whom the whole building, joined together, grows into a holy temple in the Lord,
22	你们也靠他同被建造，成为神藉着圣灵居住的所在。	in whom you also are built up together into a dwelling place of God in <i>[the]</i> Spirit. <small>(Note: Or "are built up together in spirit [= spiritually] into a dwelling place of God" (cf. nrsv))</small>

第 3 章

1	因此，我——保罗为你们外邦人作了基督耶稣被囚的，替你们祈祷（此句乃照对十四节所加）。	On account of this I, Paul, the prisoner of Christ Jesus for the sake of you Gentiles
2	谅必你们曾听见神赐恩给我，将关切你们的职分托付我，	—if indeed you have heard <i>[about]</i> the stewardship of God's grace given to me for you.
3	用启示使我知道福音的奥秘，正如我以前略略写过的。	According to <small>(Note: Some manuscripts have "given to me for you, that according to")</small> revelation the mystery was made known to me, just as I wrote beforehand in brief,
4	你们念了，就能晓得我深知基督的奥秘。	so that you may be able when you read <small>(Note: Or "by reading")</small> to understand my insight into the mystery of Christ
5	这奥秘在以前的世代没有叫人知道，像如今藉着圣灵启示他的圣使徒和先知一样。	(which in other generations was not made known to the sons of men as it has now been revealed to his holy apostles and prophets by the Spirit):
6	这奥秘就是外邦人在基督耶稣里，藉着福音，得以同为后嗣，同为一体，同蒙应许。	<i>[that]</i> the Gentiles are fellow heirs, and fellow members of the body, and fellow sharers of the promise in Christ Jesus through the gospel,
7	我作了这福音的执事，是照神的恩赐，这恩赐是照他运行的大能赐给我的。	of which I became a servant, according to the gift of God's grace given to me, according to the working of his power.
8	我本来比众圣徒中最小的还小，然而他还赐我这恩典，叫我把基督那测不透的丰富传给外邦人，	To me, the least of all the saints, was given this grace: to proclaim the good news of the fathomless riches of Christ to the Gentiles,
9	又使众人都明白，这历代以来隐藏在创造万物之神里的奥秘是如何安排的，	and to enlighten everyone <i>[as to]</i> what <i>[is]</i> the administration of the mystery hidden from the ages by God, who created all <i>[things]</i> ,
10	为要藉着教会使天上执政的、掌权的，现在得知神百般的智慧。	in order that the many-sided wisdom of God might be made known now to the rulers and the authorities in the heavenly <i>[places]</i> through the church,
11	这是照神从万世以前，在我们主基督耶稣里所定的旨意。	according to the purpose of the ages which he carried out in Christ Jesus our Lord,

12	我们因信耶稣，就在他里面放胆无惧，笃信不疑的来到神面前。	in whom we have boldness and access in confidence through faith in him. <small>(Note: Or "through his [i.e., Christ's] faithfulness")</small>
13	所以，我求你们不要因我为你们所受的患难丧胆，这原是你们的荣耀。	Therefore I ask <i>[you]</i> <small>(Note: "Here the direct object is supplied from context in the English translation")</small> not to be discouraged at my afflictions on behalf of you, which are your glory.
14	因此，我在父面前屈膝，	On account of this, I bend my knees before the Father,
15	(天上地上的各(或作：全)家，都是从他得名。)	from whom every <small>(Note: Or "the whole")</small> family in heaven and on earth is named,
16	求他按着他丰盛的荣耀，藉着他的灵，叫你们心里的力量刚强起来，	that he may grant you according to the riches of his glory to be strengthened with power through his Spirit in the inner person,
17	使基督因你们的信，住在你们心里，叫你们的爱心有根有基，	<i>[that]</i> Christ may dwell in your hearts through faith (you having been firmly rooted and established in love),
18	能以和众圣徒一同明白基督的爱是何等长阔高深，	in order that you may be strong enough to grasp together with all the saints what <i>[is]</i> the breadth, and length, and height, and depth,
19	并知道这爱是过于人所能测度的，便叫神一切所充满的，充满了你们。	and to know the love of Christ that surpasses knowledge, in order that you may be filled up to all the fullness of God.
20	神能照着运行在我们心里的大力充充足足的成就一切，超过我们所求所想的。	Now to the one who is able to do beyond all measure more than all that we ask or think, according to the power that is at work in us,
21	但愿他在教会中，并在基督耶稣里，得着荣耀，直到世代代，永永远远。阿们！	to him <i>[be]</i> the glory in the church and in Christ Jesus to all generations forever and ever. Amen.

第 4 章

1	我为主被囚的劝你们：既然蒙召，行事为人就当与蒙召的恩相称。	Therefore I, the prisoner in the Lord, exhort you to live in a manner worthy of the calling with which you were called:
2	凡事谦虚、温柔、忍耐，用爱心互相宽容，	with all humility and gentleness, with patience, putting up with one another in love,
3	用和平彼此联络，竭力保守圣灵所赐合而为一的心。	being eager to keep the unity of the Spirit in the bond of peace;
4	身体只有一个，圣灵只有一个，正如你们蒙召同有一个指望。	one body and one Spirit (just as also you were called with one hope of your calling),
5	一主，一信，一洗，	one Lord, one faith, one baptism,
6	一神，就是众人的父，超乎众人之上，贯乎众人之中，也住在众人之内。	one God and Father of all, who <i>[is]</i> over all, and through all, and in all.
7	我们各人蒙恩，都是照基督所量给各人的恩赐。	Now to each one of us was given this grace, according to the measure of Christ's gift.

8	所以经上说：他升上高天的时候，掳掠了仇敌，将各样的恩赐赏给人。	Therefore it says, "Ascending on high he led captivity captive; he gave gifts to men." <small>{Note: A quotation from <Ps 68:18>}</small>
9	（既说升上，岂不是先降在地下么？	Now "he ascended," what is <i>[it]</i> , except that he also descended <small>{Note: Some secondary manuscripts add "first"}</small> to the lower regions of the earth?
10	那降下的，就是远升诸天之上要充满万有的。）	The one who descended himself is also the one who ascended above all the heavens, in order that he might fill all <i>[things]</i> .
11	他所赐的，有使徒，有先知，有传福音的，有牧师和教师，	And he himself gave some <i>[as]</i> apostles and some <i>[as]</i> prophets and some <i>[as]</i> evangelists and some <i>[as]</i> pastors and teachers
12	为要成全圣徒，各尽其职，建立基督的身体，	for the equipping of the saints, for the work of the ministry, for building up the body of Christ,
13	直等到我们众人在真道上同归于一，认识神的儿子，得以长大成人，满有基督长成的身量，	until we all reach the unity of the faith and the knowledge of the Son of God, to a mature man, to a measure of the maturity of the fullness of Christ,
14	使我们不再作小孩子，中了人的诡计和欺骗的法术，被一切异教之风摇动，飘来飘去，就随从各样的异端；	so that we may no longer be infants, tossed about by waves and carried about by every wind of teaching, by the trickery of people, by craftiness with reference to the scheming of deceit.
15	惟用爱心说诚实话，凡事长进，连于元首基督，	But speaking the truth in love, we are to grow into him <i>[with reference to]</i> all <i>[things]</i> , who is the head, Christ,
16	全身都靠他联络得合式，百节各按各职，照着各体的功用彼此相助，便叫身体渐渐增长，在爱中建立自己。	from whom the whole body, joined together and held together by every supporting ligament, according to the working by measure of each single part, the growth of the body makes for the building up of itself in love.
17	所以我说，且在主里确实的说，你们行事不要再像外邦人存虚妄的心行事。	This therefore I say and testify in the Lord, <i>[that]</i> you no longer walk as the Gentiles walk: in the futility of their mind,
18	他们心地昏昧，与神所赐的生命隔绝了，都因自己无知，心里刚硬；	being darkened in understanding, alienated from the life of God, because of the ignorance <i>[that]</i> is in them, because of the hardness of their heart,
19	良心既然丧尽，就放纵私欲，贪行种种的污秽。	who, becoming callous, gave themselves over to licentiousness, for the pursuit of all uncleanness in greediness.
20	你们学了基督，却不是这样。	But you did not learn Christ in this way,
21	如果你们听过他的道，领了他的教，学了他的真理，	if indeed you have heard <i>[about]</i> him, and you were taught by him (just as truth is in Jesus),
22	就要脱去你们从前行为上的旧人，这旧人是因私欲的迷惑渐渐变坏的；	<i>[that]</i> you take off, according to your former way of life, the old man, who is being destroyed according to deceitful desires,
23	又要将你们的心志改换一新，	be renewed in the spirit of your mind,
24	并且穿上新人；这新人是照着神的形像造的，有真理的仁义和圣洁。	and put on the new man (in accordance with God), who is created in righteousness and holiness from the truth.

25	所以你们要弃绝谎言，各人与邻舍说实话，因为我们是互相为肢体。	Therefore, putting aside the lie, speak truth each one of you with his neighbor, <small>{Note: An allusion to <Zech 8:16>}</small> because we are members of one another.
26	生气却不要犯罪；不可含怒到日落，	Be angry and do not sin; <small>{Note: An allusion to <Ps 4:4>}</small> do not let the sun set on your anger,
27	也不可给魔鬼留地步。	nor give place to the devil.
28	从前偷窃的，不要再偷；总要劳力，亲手做正经事，就可有余分给那缺少的人。	The one who steals must steal no longer, but instead must labor, working with his own hands <i>[what is]</i> good, so that he may have <i>[something]</i> to share with the one who has need.
29	污秽的言语一句不可出口，只要随事说造就人的好话，叫听见的人得益处。	No rotten word must proceed <small>{Note: Literally "Every rotten word must not proceed"}</small> from your mouth, but only something good for the building up of the need, in order that it may give grace to those who hear,
30	不要叫神的圣灵担忧；你们原是受了他的印记，等候得赎的日子来到。	and do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.
31	一切苦毒、恼恨、忿怒、嚷闹、毁谤，并一切的恶毒（或作：阴毒），都当从你们中间除掉；	All bitterness, and rage, and wrath, and clamor, and abusive speech, must be removed from you, together with all wickedness.
32	并要以恩慈相待，存怜悯的心，彼此饶恕，正如神在基督里饶恕了你们一样。	Become <small>{Note: Some manuscripts have "But become"}</small> kind toward one another, compassionate, forgiving one another, just as also God in Christ has forgiven you.

第 5 章

1	所以，你们该效法神，好像蒙慈爱的儿女一样。	Therefore become imitators of God, as beloved children,
2	也要凭爱心行事，正如基督爱我们，为我们舍了自己，当作馨香的供物和祭物，献与神。	and live in love, just as also Christ loved us, and gave himself for us an offering and sacrifice to God for a fragrant smell. <small>{Note: Or "a fragrant offering"}</small>
3	至于淫乱并一切污秽，或是贪婪，在你们中间连题都不可，方合圣徒的体统。	But sexual immorality, and all uncleanness, or greediness, must not even be named among you (as is fitting for saints),
4	淫词、妄语，和戏笑的话都不相宜；总要说感谢的话。	and obscenity, and foolish talk, or coarse jesting (which <i>[are]</i> not proper), but rather thanksgiving.
5	因为你们确实知道，无论是淫乱的，是污秽的，是有贪心的，在基督和神的国里都是无分的。有贪心的，就与拜偶像的一样。	For this you know for certain <small>{Note: Literally "for this you know, knowing"}</small> , that every sexually immoral <i>[person]</i> , or unclean <i>[person]</i> , or greedy <i>[person]</i> (who is an idolater), does not have an inheritance in the kingdom of Christ and God.
6	不要被人虚浮的话欺哄；因这些事，神的忿怒必临到那悖逆之子。	Let no one deceive you with empty words, for because of these <i>[things]</i> the wrath of God is coming on the sons of disobedience.
7	所以，你们不要与他们同伙。	Therefore do not be sharers <small>{Note: Or "partners"}</small> with them,

8	从前你们是暗昧的，但如今在主里面是光明的，行事为人就当像光明的子女。	for you were formerly darkness, but now <i>[you are]</i> light in the Lord. Live like children of light
9	光明所结的果子就是一切良善、公义、诚实。	(for the fruit of the light <i>[is]</i> in all goodness and righteousness and truth),
10	总要察验何为主所喜悦的事。	trying to learn what is well-pleasing to the Lord.
11	那暗昧无益的事，不要与人同行，倒要责备行这事的人；	And do not participate in the unfruitful deeds of darkness, but rather even expose <i>[them]</i> .
12	因为他们暗中所行的，就是题起来也是可耻的。	For it is shameful even to speak <i>[about]</i> the things being <i>[done]</i> by them in secret,
13	凡事受了责备，就被光显明出来，因为一切能显明的就是光。	but all <i>[things]</i> exposed by the light are made visible,
14	所以主[雅伟]说：你这睡着的人当醒过来，从死里复活！基督就要光照你了。	for everything made visible is light. Therefore it says, Wake up, sleeper, and rise from the dead, and Christ will shine on you. <small>{Note: A quotation of unknown origin with possible allusions to <Isa 26:19>, <51:17>, <52:1>, <60:1>}</small>
15	你们要谨慎行事，不要像愚昧人，当像智慧人。	Therefore, consider carefully how you live, not as unwise but as wise,
16	要爱惜光阴，因为现今的世代邪恶。	making the most of the time because the days are evil.
17	不要作糊涂人，要明白主[雅伟]的旨意如何。	Because of this do not become foolish, but understand what the will of the Lord <i>[is]</i> .
18	不要醉酒，酒能使人放荡；乃要被圣灵充满。	And do not be drunk with wine (in which is dissipation), but be filled by the Spirit,
19	当用诗章、颂词、灵歌、彼此对说，口唱心和的赞美主[雅伟]。	speaking to one another in psalms and hymns and spiritual songs, singing and singing praise in your heart to the Lord,
20	凡事要奉我们主耶稣基督的名常常感谢父神。	giving thanks always for all <i>[things]</i> in the name of our Lord Jesus Christ to the God and Father,
21	又当存敬畏基督的心，彼此顺服。	being subject to one another out of reverence for <small>{Note: Literally "in [the] fear of"}</small> Christ
22	你们作妻子的，当顺服自己的丈夫，如同顺服主。	—wives to their own husbands as to the Lord,
23	因为丈夫是妻子的头，如同基督是教会的头；他又是教会全体的救主。	because <i>[the]</i> husband is <i>[the]</i> head of the wife, as also Christ <i>[is the]</i> head of the church (he himself <i>[being the]</i> Savior of the body).
24	教会怎样顺服基督，妻子也要怎样凡事顺服丈夫。	But as the church is subject to Christ, thus also wives <i>[should be subject]</i> <small>{Note: "The words "should be subject" are not in the Greek text, but are an understood repetition from the previous clause}</small> to their husbands in everything.
25	你们作丈夫的，要爱你们的妻子，正如基督爱教会，为教会舍己。	Husbands, love your wives, just as Christ also loved the church, and gave himself for her;

26	要用水藉着道把教会洗净，成为圣洁，	in order that he might sanctify her by cleansing <i>[her]</i> <small>{Note: *Here the direct object is supplied from context in the English translation}</small> with the washing of water by the word;
27	可以献给自己，作个荣耀的教会，毫无玷污、皱纹等类的病，乃是圣洁没有瑕疵的。	in order that he might present to himself the church glorious, not having a spot or wrinkle or any such <i>[thing]</i> , but that she may be holy and blameless.
28	丈夫也当照样爱妻子，如同爱自己的身子；爱妻子便是爱自己了。	Thus also husbands ought to love their own wives as their own bodies. The one who loves his own wife loves himself.
29	从来没有人恨恶自己的身子，总是保养顾惜，正像基督待教会一样，	For no one ever hated his own flesh, but nourishes and cherishes it, just as also Christ <i>[does]</i> the church,
30	因我们是他身上的肢体（有古卷在此有：就是他的骨他的肉）。	because we are members of his body.
31	为这个缘故，人要离开父母，与妻子连合，二人成为一体。	“For this <i>[reason]</i> a man will leave his father and mother and be joined to his wife, and the two will become one flesh.” <small>{Note: A quotation from <Gen 2:24>}</small>
32	这是极大的奥秘，但我是指着基督和教会说的。	(This mystery is great, but I am speaking with reference to Christ and the church.)
33	然而，你们各人都当爱妻子，如同爱自己一样。妻子也当敬重她的丈夫。	Only you also, each one <i>[of you]</i> , must thus love his own wife as himself, and the wife must respect <small>{Note: Literally “that she fear”}</small> her husband.

第 6 章

1	你们作儿女的，要在主里听从父母，这是理所当然的。	Children, obey your parents in the Lord, for this is right.
2	要孝敬父母，使你得福，在世长寿。这是第一条带应许的诫命。	“Honor your father and mother” (which is the first <small>{Note: Or “is a very important”}</small> commandment with a promise),
3	见上节	“in order that it may be well with you, and you may live a long time <small>{Note: Literally “be long-lived”}</small> on the earth.” <small>{Note: A quotation from <Exod 20:12 >and/or <Deut 5:16>}</small>
4	你们作父亲的，不要惹儿女的气，只要照着主的教训和警戒养育他们。	And fathers, do not make your children angry, but bring them up in the discipline and instruction of the Lord.
5	你们作仆人的，要惧怕战兢，用诚实的心听从你们肉身的主人，好像听从基督一般。	Slaves, obey your earthly masters with fear and trembling, in the sincerity of your heart, as to Christ,
6	不要只在眼前事奉，像是讨人喜欢的，要像基督的仆人，从心里遵行神的旨意。	not while being watched <small>{Note: Literally “with eye service”}</small> , as people pleasers, but as slaves of Christ doing the will of God from the heart,
7	甘心事奉，好像服事主，不像服事人。	serving with goodwill as to the Lord and not to people,

8 因为晓得各人所行的善事，不论是为奴的，是自主的，都必按所行的得主的赏赐。	[because you] <small>{Note: "Here "[because]" is supplied as a component of the participle ("know") which is understood as causal}</small> know that each one of you, whatever good he should do, <small>{Note: Some manuscripts have "if he should do anything good"}</small> this he will receive back from the Lord, whether slave or free.
9 你们作主人的，待仆人也是一理，不要威吓他们。因为知道，他们和你们同有一位主在天上；他并不偏待人。	And masters, do the same [things] to them, giving up threats, knowing that both their Lord and yours is in heaven, and there is no partiality with him.
10 我还有未了的话：你们要靠着主，倚赖他的大能大力作刚强的人。	Finally, become strong in the Lord and in the might of his strength.
11 要穿戴神所赐的全副军装，就能抵挡魔鬼的诡计。	Put on the full armor of God, so that you may be able to stand against the stratagems of the devil,
12 因我们并不是与属血气的争战（原文作摔跤；下同），乃是与那些执政的、掌权的、管辖这幽暗世界的，以及天空属灵气的恶魔争战。	because our struggle is not against blood and flesh, but against the rulers, against the authorities, against the world rulers of this darkness, against the spiritual [forces] of wickedness in the heavenly [places].
13 所以，要拿起神所赐的全副军装，好在磨难的日子抵挡仇敌，并且成就了一切，还能站立得住。	Because of this, take up the full armor of God, in order that you may be able to resist in the evil day, and having done everything, to stand.
14 所以要站稳了，用真理当作带子束腰，用公义当作护心镜遮胸，	Stand therefore, girding your waist with truth, and putting on the breastplate of righteousness,
15 又用平安的福音当作预备走路的鞋穿在脚上。	and binding [shoes] under your feet with the preparation of the good news of peace,
16 此外，又拿着信德当作藤牌，可以灭尽那恶者一切的火箭；	in everything taking up the shield of faith, with which you are able to quench all the flaming arrows of the evil one,
17 并戴上救恩的头盔，拿着圣灵的宝剑，就是神的道；	and receive the helmet of salvation, and the sword of the Spirit, which is the word of God,
18 靠着圣灵，随时多方祷告祈求；并要在此儆醒不倦，为众圣徒祈求，	with all prayer and supplication praying at all times in the Spirit, and to this [end] being alert with all perseverance and supplication for all the saints,
19 也为我祈求，使我得着口才，能以放胆开口讲明福音的奥秘，	and for me, that a word may be given to me at the opening of my mouth, to make known with boldness the mystery of the gospel,
20 我为这福音的奥秘作了带锁炼的使者，并使我照着当尽的本分放胆讲论。	for the sake of which I am an ambassador in chains, that in them <small>{Note: Literally "in it" since "chain" is singular in the Greek text}</small> I may speak freely, as it is necessary for me to speak.
21 今有所亲爱、忠心事奉主的兄弟推基古，他要把我的事情，并我的景况如何全告诉你们，叫你们知道。	Now, so that you also may know my circumstances <small>{Note: Literally "the things with me"}</small> , what I am doing, Tychicus, my dear brother and faithful servant in the Lord, will make known to you all [things],
22 我特意打发他到你们那里去，好叫你们知道我们的光景，又叫他安慰你们的心。	whom I have sent <small>{Note: Or "whom I am sending"}</small> to you for this very [reason], that you may know our circumstances <small>{Note: Literally "the things concerning us"}</small> , and he may encourage your hearts.

23 愿平安、仁爱、信心、从父神和主耶稣基督归与弟兄们！

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

24 并愿所有诚心爱我们主耶稣基督的人都蒙恩惠！

Grace [*be*] with all who love our Lord Jesus Christ in incorruptibility. {Note: Or "with undying love"}
