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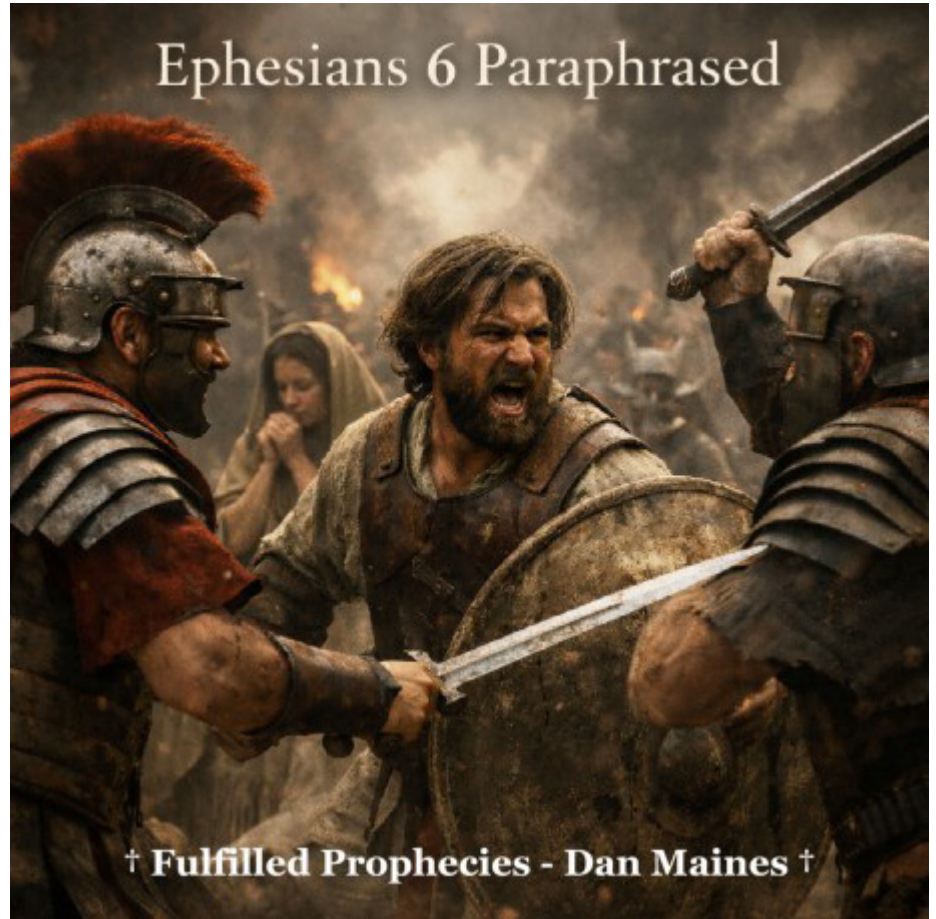
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Ephesians 6 Paraphrased



By Dan Maines

Ephesians 6 Paraphrased

Introduction

† Paul closes the letter to the Ephesians by applying the gospel to everyday life, families, work, and spiritual struggle.

† The instructions show how believers were to live during the final years of the Old Covenant age before the judgment that came upon Jerusalem in AD 70.

† Early Christians understood these commands as practical guidance for living faithfully while the old world of the Mosaic

system was passing away.

Ephesians 6:1

Children, listen to your parents and follow their guidance in the Lord, because this is the right and proper thing to do.

† The family order Paul describes reflects the moral structure God established long before the Law of Moses (Proverbs 1:8).

† In the first century church, obedience within the household showed that the gospel restored order rather than creating rebellion in society.

† Clement of Alexandria explained that Christian households were to reflect harmony and discipline shaped by Christ.

Ephesians 6:2

Honor your father and your mother, this is the first commandment that carries a promise with it.

† Paul reminds them of the command originally given in the Law, but now fulfilled through life in Christ (Exodus 20:12).

† Respect for parents remained a universal moral principle even as the covenant administration changed.

† Irenaeus noted that Christ did not abolish righteous conduct but confirmed it through the teaching of the apostles.

Ephesians 6:3

When you honor them, it will go well for you and you'll enjoy a long life on the earth.

† The promise originally referred to life in the land of Israel, but Paul applies the principle more broadly to a life blessed by wisdom.

† The idea reflects a general truth about stability and peace within a society that respects family order.

† Eusebius wrote that Christian conduct strengthened communities and displayed the moral transformation brought by Christ.

Ephesians 6:4

Fathers, don't provoke your children to anger, instead raise

them with discipline and instruction that comes from the Lord.

† Fathers were responsible for shaping the spiritual direction of the household.

† Paul warns against harsh or unjust authority, which was common in the Roman world.

† Early Christian writers taught that parents should guide their children with patience and instruction rooted in Christ's teaching.

Ephesians 6:5

Servants, obey your earthly masters with respect and sincerity, serving them as if you were serving Christ himself.

† Many believers in the first century were slaves or servants within Roman households.

† Paul instructs them to live faithfully within their situation while remembering that Christ is their true Lord (Colossians 3:22-24).

† Early Christians understood this as a call to integrity, not a defense of the institution itself.

Ephesians 6:6

Don't work only when someone is watching you just to impress people, but serve as servants of Christ, doing God's will from the heart.

† Paul contrasts outward performance with sincere devotion.

† The focus is on inner transformation produced by the gospel.

† Clement of Alexandria emphasized that believers should live consistently whether seen or unseen.

Ephesians 6:7

Serve willingly and with a good attitude, as if your service is offered to the Lord rather than to men.

† The Christian life was meant to be lived with a heart of devotion in every task.

† Even ordinary work became an act of service to Christ.

† This teaching helped early believers endure difficult circumstances with hope and purpose.

Ephesians 6:8

Remember that whatever good anyone does, the Lord will reward it, whether that person is a servant or free.

† God sees every act of faithfulness, even those ignored by society.

† Paul emphasizes that earthly status does not change a person's standing before God.

† Irenaeus taught that God judges the heart and rewards righteousness.

Ephesians 6:9

Masters, treat your servants in the same way, without threats, knowing that both you and they share the same Master in heaven, and he shows no favoritism.

† Paul places moral responsibility on masters as well as servants.

† The gospel undermined social arrogance by reminding everyone that Christ is the true authority.

† Early Christian communities were known for treating servants and masters as equal members in the body of Christ.

Ephesians 6:10

Finally, be strong in the Lord and rely on the power of his strength.

† The strength Paul describes is not human determination but dependence on God's power.

† Believers in the first century faced persecution and opposition from both Roman and Jewish authorities.

† Eusebius recorded how early Christians relied on faith and courage during those trials.

Ephesians 6:11

Put on the full armor that God provides so you can stand firm against the schemes of the adversary.

† The armor imagery comes from Isaiah where God himself is pictured as a warrior defending righteousness (Isaiah 59:17).

† Paul adapts the imagery to show how believers stand firm

through truth and faith.

† Early Christians often described the Christian life as spiritual warfare against deception.

Ephesians 6:12

Our struggle is not against ordinary human enemies but against unseen powers and authorities, against the dark forces ruling this present world.

† Paul explains that the conflict behind persecution and deception had a spiritual dimension.

† These powers represented systems of corruption, false religion, and spiritual opposition.

† Early writers understood this language as referring to demonic influence operating through earthly structures.

Ephesians 6:13

Because of this, take up the full armor God gives so that when the day of evil comes you'll be able to stand your ground and remain standing after the battle.

† The day of evil refers to times of testing and pressure facing the early church.

† Paul urges believers to remain faithful during the approaching upheaval of their generation.

† The destruction of Jerusalem soon after these writings confirmed that the old order truly was passing away.

Ephesians 6:14

Stand firm with truth wrapped around you like a belt, and righteousness protecting you like a breastplate.

† Truth and righteousness represent the moral foundation of the believer's life.

† These qualities guard the heart and guide the mind.

† Early Christian teachers emphasized honesty and integrity as the armor that protects believers.

Ephesians 6:15

Let your feet be ready with the message of peace that comes

from the good news.

† The gospel of peace was spreading rapidly across the Roman world during the first century.

† Paul himself had traveled through many regions preaching that message.

† Irenaeus later wrote that the gospel reached the nations through the apostles and their companions.

Ephesians 6:16

In every situation take up faith like a shield, which can extinguish all the flaming arrows of the evil one.

† Faith acts as a defense against fear, doubt, and deception.

† The imagery reflects Roman military shields that protected soldiers from burning projectiles.

† Early believers understood faith as trusting God's promises even during persecution.

Ephesians 6:17

Receive salvation like a helmet protecting your mind, and take the sword of the Spirit, which is the word of God.

† The helmet represents confidence in the salvation God has provided.

† The sword represents God's truth spoken and proclaimed.

† Early Christian preaching relied heavily on the Scriptures to defend the faith and refute error.

Ephesians 6:18

Pray at all times with every kind of prayer and request, staying alert and continually praying for all believers.

† Prayer was central to the life of the early church (Acts 2:42).

† Through prayer believers remained united across different cities and regions.

† Clement of Alexandria described prayer as the constant communication between the believer and God.

Ephesians 6:19

Pray also for me so that when I speak the message I'll have

boldness to reveal the mystery of the good news.

† Paul often requested prayer because preaching the gospel carried real danger.

† The mystery he refers to is the revelation that Jews and Gentiles were now united in Christ.

† Early Christians recognized Paul's ministry as foundational to spreading the gospel to the nations.

Ephesians 6:20

I am serving as a messenger of that good news even though I'm in chains, so pray that I'll speak boldly as I should.

† Paul wrote this letter while imprisoned under Roman authority.

† His chains showed the cost of proclaiming Christ in the Roman Empire.

† Eusebius recorded that many early believers suffered imprisonment for their faith.

Ephesians 6:21

Tychicus, our beloved brother and faithful servant in the Lord, will tell you everything so you'll know how I'm doing and what is happening here.

† Tychicus was a trusted companion who delivered Paul's letters to various churches.

† The early church relied on messengers like him to maintain communication between congregations.

† Historical records confirm the importance of these traveling coworkers in the apostolic mission.

Ephesians 6:22

I'm sending him to you for this very purpose so you'll know about us and so he can encourage your hearts.

† Encouragement and unity were essential for churches facing pressure and persecution.

† Letters and messengers strengthened the connection between believers across the empire.

† Irenaeus later testified that the apostolic writings were

preserved and shared among the churches.

Ephesians 6:23

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

† Paul closes the letter with a blessing reflecting the unity of the Father and the Son.

† Peace and faith were central themes throughout the epistle.

† Early Christians often ended their letters with similar blessings.

Ephesians 6:24

Grace be with all who love our Lord Jesus Christ with sincere and undying devotion.

† Grace summarizes the entire message of the gospel Paul preached.

† The blessing extends to all believers who remain faithful to Christ.

† Early church leaders repeated this emphasis on grace as the foundation of the Christian life.

Historical References

† Irenaeus wrote that the apostles established churches throughout the world and preserved the teaching handed down from Christ.

† Eusebius documented the spread of the gospel through the Roman Empire during the first centuries of the church.

† Clement of Alexandria emphasized the importance of disciplined Christian living within the household and community.

How It Applies To Us Today

† Ephesians 6 reminds us that the Christian life involves faithfulness in everyday responsibilities.

† Families, workplaces, and communities are places where our faith becomes visible.

† Spiritual strength comes from truth, righteousness, faith, and prayer.

† Just as believers in the first century stood firm during difficult times, we also remain strong through trust in Christ.

† The gospel continues to shape how we live, serve others, and remain faithful to God.

Q and A Appendix

Q What is the main message of Ephesians 6?

A The chapter teaches believers how to live faithfully in families, workplaces, and spiritual struggles while relying on God's strength (Ephesians 6:10-11).

Q What does the armor of God represent?

A It represents spiritual qualities like truth, righteousness, faith, and salvation that protect believers against deception (Ephesians 6:14-17).

Q Why does Paul talk about servants and masters?

A Because many early Christians lived within Roman household structures, and Paul was teaching them how to live faithfully in those circumstances (Ephesians 6:5-9).

Q Why does Paul emphasize prayer at the end of the chapter?

A Prayer connects believers with God's strength and unites the church during times of trial (Ephesians 6:18).

Q Why does Paul ask for prayer for his ministry?

A Because preaching the gospel brought persecution and imprisonment, and he needed courage to continue speaking boldly (Ephesians 6:19-20).

† This is the fulfilled perspective we proclaim at Fulfilled Prophecies †

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Source Index

† Ephesians 6

† Irenaeus, Against Heresies
† Eusebius, Ecclesiastical History
† Clement of Alexandria, Stromata

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