

who is over all, and through all, and in us all. ⁷But to each one of us was the grace given according to the measure of the gift of Christ. ⁸Therefore he says, "When he ascended on high, he led captivity captive, and gave gifts to men."^a ⁹Now this, "He ascended", what is it but that he also first descended into the lower parts of the earth? ¹⁰He who descended is the one who also ascended far above all the heavens, that he might fill all things.

¹¹He gave some to be apostles; and some, prophets; and some, evangelists; and some, shepherds^b and teachers; ¹²

¹⁷This I say therefore, and testify in the Lord, that you no longer walk as the rest of the Gentiles also walk, in the futility of their mind, ¹⁸being darkened in their understanding,

²⁵Therefore putting away falsehood, speak truth each one with his neighbor. For we are members of one another. ²⁶"Be angry, and don't sin."^c Don't let the sun go down on your wrath, ²⁷and don't give place to the devil. ²⁸Let him who stole steal no more; but rather let him labor, producing with his hands something that

- a. + Psalm 68:18
- b. + or, pastors
- c. + Psalm 4:4

is good, that he may have something to give to him who has need. ²⁹Let no corrupt speech proceed out of your mouth, but only what is good for building others up as the need may be, that it may give grace to those who hear. ³⁰Don't grieve the Holy Spirit of God, in whom you were sealed for the day of redemption. ³¹Let all bitterness, wrath, anger, outcry, and slander, be put away from you, with all malice. ³²And be