

# Ephesians

# 14

First Fruits

Ephesians 4 : 1 - 9

**1** Therefore I, a prisoner for serving the Lord, beg you to lead a life worthy of your calling, for you have been called by God.

**2** Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love.

**3** Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.

**4** For there is one body and one Spirit, just as you have been called to one glorious hope for the future. **5** There is one Lord, one faith, one baptism, **6** one God and Father of all, who is over all, in all, and living through all.

**7** But to each one of us grace has been given as Christ apportioned [measured] it.

**8** This is why it says:

*"When he ascended on high, he took many captives and gave gifts to his people."*

*9 (What does "he ascended" mean except that he also descended to the lower, earthly regions? 10 He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.)*