

# Sefer Ephesim (Ephesians)

## Chapter 1

Shavua Reading Schedule (39th sidrot) - Eph 1 - 6

שׁוֹמְרֵי אֱמוּנָתָם שׁוֹמְרֵי אֱמוּנָתָם שׁוֹמְרֵי אֱמוּנָתָם שׁוֹמְרֵי אֱמוּנָתָם Eph1:1  
:שׁוֹמְרֵי אֱמוּנָתָם שׁוֹמְרֵי אֱמוּנָתָם שׁוֹמְרֵי אֱמוּנָתָם (שׁוֹמְרֵי אֱמוּנָתָם)

א פולוס שליח יהושע המשיח ברצון אלהים אל הקדושים הנמצאים  
(באפסוס) ומאמינים במשיח יהושע:

**1. Polos sh'liyach Yahushuà haMashiyach bir'tson 'Elohim 'el-haq'dshiyim hanim'ts'iyim (b'Eph'sos) uma'amiyniyim baMashiyach Yahushuà.**

**Eph1:1** Shaul, an apostle of the Mashiyach Yahushua by the will of Elohim, to the saints who are at Ephesus and who are faithful in the Mashiyach Yahushua:

<1:1> Παῦλος ἀπόστολος Χριστοῦ Ἰησοῦ δια θελήματος θεοῦ τοῖς ἀγίοις τοῖς οὖσιν [ἐν Ἐφέσω] καὶ πιστοῖς ἐν Χριστῷ Ἰησοῦ,

1 Paulos apostolos Christou Iēsou dia thelēmatos theou tois hagiois tois ousin [en Ephesō] kai pistois en Christō Iēsou,

הַמְּשִׁיחַ שׁוֹמְרֵי אֱמוּנָתָם שׁוֹמְרֵי אֱמוּנָתָם שׁוֹמְרֵי אֱמוּנָתָם שׁוֹמְרֵי אֱמוּנָתָם 2  
ב חסד לכם ושלום מאת האלהים ואבינו ואלהינו יהושע המשיח:

**2. chesed lakem w'shalom me'eth ha'Elohim 'abiynu wa'Adoneynu Yahushuà haMashiyach.**

**Eph1:2** Grace to you and peace from the Elohim our Father and our Master Yahushua the Mashiyach.

<2> χάρις ὑμῖν καὶ εἰρήνη ἀπὸ θεοῦ πατρὸς ἡμῶν καὶ κυρίου Ἰησοῦ Χριστοῦ.

2 charis hymin kai eirēnē apo theou patros hēmōn kai kyriou Iēsou Christou.

אֲשֶׁר בָּרַךְ אֶת אֲבוֹתֵינוּ וְאֶת יְהוֹשֻׁעַ הַמְּשִׁיחַ אֲשֶׁר בָּרַכְנוּ 3  
:הַמְּשִׁיחַ שׁוֹמְרֵי אֱמוּנָתָם שׁוֹמְרֵי אֱמוּנָתָם שׁוֹמְרֵי אֱמוּנָתָם שׁוֹמְרֵי אֱמוּנָתָם  
ג ברוך האלהים ואבי אלהינו יהושע המשיח אשר ברכנו  
בכל-ברכת רוח במרומים במשיח:

**3. baru'k ha'Elohim wa'abiy 'Adoneynu Yahushuà haMashiyach 'asher ber'kanu b'kal-bir'kath ruach bam'romiyim baMashiyach.**

**Eph1:3** Blessed be the Elohim and Father of our Master Yahushua the Mashiyach, who has blessed us with every spiritual blessing which are in the heavenly places in the Mashiyach,

<3> Εὐλογητὸς ὁ θεὸς καὶ πατὴρ τοῦ κυρίου ἡμῶν Ἰησοῦ Χριστοῦ, ὁ εὐλογήσας ἡμᾶς ἐν πάσῃ εὐλογία πνευματικῇ ἐν τοῖς ἐπουρανίοις ἐν Χριστῷ,

3 Eulogētos ho theos kai patēr tou kyriou hēmōn Iēsou Christou,

ho eulogēsas hēmas en pasē eulogiā pneumatikē en tois epouraniois en Christō,

שׁוֹמְרֵי אֱמוּנָתָם שׁוֹמְרֵי אֱמוּנָתָם שׁוֹמְרֵי אֱמוּנָתָם שׁוֹמְרֵי אֱמוּנָתָם 4  
:שׁוֹמְרֵי אֱמוּנָתָם שׁוֹמְרֵי אֱמוּנָתָם שׁוֹמְרֵי אֱמוּנָתָם שׁוֹמְרֵי אֱמוּנָתָם

ד בְּאֲשֶׁר בָּחַר אֶתָּנוּ בּוֹ לְפָנָי מוֹסְדוֹת תֵּבֵל לְהִיּוֹת קְדוּשִׁים  
וּתְמִימִים לְפָנָיו בְּאַהֲבָה:

4. **ka'asher bachar 'othanu bo liph'ney mos'doth tebel lih'yoth q'dshiyim  
uth'miyim l'phanayu b'ahabah.**

**Eph1:4** just as He chose us in Him before the foundation of the world,  
that we would be holy and blameless before Him in love

<4> καθὼς ἐξελέξατο ἡμᾶς ἐν αὐτῷ πρὸ καταβολῆς κόσμου εἶναι ἡμᾶς ἁγίους  
καὶ ἀμώμους κατενώπιον αὐτοῦ ἐν ἀγάπῃ,

4 **kathōs exelexato hēmas en autō pro katabolēs kosmou einai hēmas hagiou  
kai amōmous katenōpion autou en agapē,**

:יְהוָה יְהוָה אֱלֹהֵינוּ אֲנִי וְאַתָּה יְהוָה אֱלֹהֵינוּ  
הֵי יְהוָה אֱלֹהֵינוּ לְפָנָיו עַל-יְדֵי יְהוָה אֱלֹהֵינוּ כְּרִצּוֹן חֶסֶד:

5. **y`adanu lo l'baniym `al-y`dey Yahushua haMashiyach kir'tson cheph'tso.**

**Eph1:5** He predestined us to adoption of sons through Yahushua the Mashiyach to Himself,  
according to the good pleasure of His will,

<5> προορίσας ἡμᾶς εἰς υἰοθεσίαν διὰ Ἰησοῦ Χριστοῦ εἰς αὐτόν,  
κατὰ τὴν εὐδοκίαν τοῦ θελήματος αὐτοῦ,

5 **proorisas hēmas eis huiiothesian dia Iēsou Christou eis auton, kata tēn eudokian tou thelēmatos autou,**

:אֲנִי וְאַתָּה יְהוָה אֱלֹהֵינוּ אֲנִי וְאַתָּה יְהוָה אֱלֹהֵינוּ  
וּלְתִהְיֶינָה לְפָנָיו כְּבוֹד חֶסֶד וְאֶשְׁרֵנוּ חֶסֶד וְאֶשְׁרֵנוּ בְּיַד יְהוָה:

6. **lith'hilath k'bod chas'do 'asher-chanan 'othanu biydiydo.**

**Eph1:6** to the praise of the glory of His grace, which He freely bestowed on us in the Beloved.

<6> εἰς ἔπαινον δόξης τῆς χάριτος αὐτοῦ ἧς ἐχαρίτωσεν ἡμᾶς ἐν τῷ ἡγαπημένῳ.

6 **eis epainon doxēs tēs charitos autou hēs echaritōsen hēmas en tō ēgapēmenō.**

:אֲנִי וְאַתָּה יְהוָה אֱלֹהֵינוּ אֲנִי וְאַתָּה יְהוָה אֱלֹהֵינוּ  
זֶה אֲשֶׁר-בּוֹ לָנוּ הַפְּדִיּוֹם בְּדָמוֹ וְסִלְיַחַת הַפְּשָׁעִים כְּרִב חֶסֶד:

7. **'asher-bo lanu hapid'yom b'damo us'liychath hap'sha`iym k'rob chas'do.**

**Eph1:7** In whom we have redemption through His blood, the forgiveness of our trespasses,  
according to the riches of His grace

<7> ἐν ᾧ ἔχομεν τὴν ἀπολύτρωσιν διὰ τοῦ αἵματος αὐτοῦ, τὴν ἄφεσιν τῶν παραπτωμάτων,  
κατὰ τὸ πλοῦτος τῆς χάριτος αὐτοῦ

7 **en hō echomen tēn apolytrōsin dia tou haimatos autou, tēn aphasin tōn paraptōmatōn  
kata to ploutos tēs charitos autou**

:אֲנִי וְאַתָּה יְהוָה אֱלֹהֵינוּ אֲנִי וְאַתָּה יְהוָה אֱלֹהֵינוּ  
חֲאֲשֶׁר בָּא עָלֵינוּ בְּשִׁפְעַת-חַכְמָה וְהַשְׂכֵּל:

8. **'asher ba' `aleynu b'shepha`-chak'mah w'has'kel.**

**Eph1:8** which He has abounded toward us in all wisdom and insight

<8> ἦς ἐπερίσσευσεν εἰς ἡμᾶς, ἐν πάσῃ σοφίᾳ καὶ φρονήσει,  
8 hēs eperisseusen eis hēmas, en pasē sophiā kai phronēsei,

9 :זש רזש 9W4 W497 זחרוז זגזר97 זרזח 4זפ-4 זגז4 074ז9ז 9  
טוהודיע אתנו את-סוד חפצו פרצונו ועצתו מראש אשר יען בו:

9. w'hodiy`a 'othanu 'eth-sod cheph'tso kir'tsono wa`atsatho mero'sh 'asher ya`ats bo.

**Eph1:9** He made known to us the mystery of His will, according to His good pleasure which He purposed in Him

<9> γνωρίσας ἡμῖν τὸ μυστήριον τοῦ θελήματος αὐτοῦ, κατὰ τὴν εὐδοκίαν αὐτοῦ ἣν προέθετο ἐν αὐτῷ  
9 gnōrisas hēmin to mystērion tou thelēmatos autou,  
kata tēn eudokian autou hēn proetheto en autō

10 זשזשזשזש-97 זשזשזש זגז4-4 זשז זשזשזש 44זש זחז999 994-0 10  
:ז44זשזש-97ז

י על-ידבר הנקחתו במלא את הימים לקבל את-הכל במשיח מה-שבשמים ומה-שבארץ:

10. `al-d'bar han'hagatho bim'lo'th hayamiym l'qabel 'eth-hakol baMashiyach mah-shebashamayim umah-sheba'arets.

**Eph1:10** that in the dispensation of the fullness of the times he might together in one all things in the Mashiyach, both which are in the heavens and which are on the earth; even in Him

<10> εἰς οἰκονομίαν τοῦ πληρώματος τῶν καιρῶν, ἀνακεφαλαιώσασθαι τὰ πάντα ἐν τῷ Χριστῷ, τὰ ἐπὶ τοῖς οὐρανοῖς καὶ τὰ ἐπὶ τῆς γῆς ἐν αὐτῷ.  
10 eis oikonomian tou plērōmatos tōn kairōn, anakephalaiōsasthai ta panta en tō Christō,  
ta epi tois ouranois kai ta epi tēs gēs en autō.

11 זשזגזש 97 זש407זש9 זגז4 זגז4 זגז4 זשז 11  
:זרזח זחרוז זגז4 07 499999

יא ובו לקחתנו נחלתנו אנחנו המיעדים לה מקפנים במחשבת פעל הכל כעצת חפצו:

11. ubo laqach'nu nachalathenu 'anach'nu ham'yu`adiym lah mil'phaniym b'machashebeth po`el hakol ka`atsath cheph'tso.

**Eph1:11** in whom also we have obtained an inheritance, having been predestined according to His purpose who works all things after the counsel of His will,

<11> ἐν ᾧ καὶ ἐκληρώθημεν προορισθέντες κατὰ πρόθεσιν τοῦ τὰ πάντα ἐνεργούντος κατὰ τὴν βουλὴν τοῦ θελήματος αὐτοῦ  
11 en hō kai eklērōthēmen prooristhentes kata prothesin tou ta panta energountos  
kata tēn boulēn tou thelēmatos autou

יב להיות לתהלת כבודו אנחנו אשר יחלנו אל-המשים מאז:  
12. lih'yoth lith'hilath k'bodo 'anach'nu 'asher yichal'nu 'el-haMashiyach me'az.

**Eph1:12** that we should be to the praise of His glory, who first trusted in the Mashiyach.

<12> εἰς τὸ εἶναι ἡμᾶς εἰς ἔπαινον δόξης αὐτοῦ τοὺς προηλπικότας ἐν τῷ Χριστῷ.

12 eis to einai hēmas eis epainon doxēs autou tous proēlpikotas en tō Christō.

יג ואשר גם-אתם שתולים בו אחרי שמעכם דבר האמת את-בשורת  
ישועתכם ואשר בו כשהאמנתם גם-נחתמתם ברוח ההבטחה רוח הקדש:  
13. wa'asher gam-'atem sh'thuliyim bo 'acharey sham'`akem d'bar ha'emeth  
'eth-b'sorath y'shu`ath'kem wa'asher bo k'shehe'eman'tem gam-nech'tam'tem  
b'Ruach hahab'tachah Ruach haQodesh.

**Eph1:13** In Him, you also, after that you heard to the word of truth, the gospel of your salvation: in whom also you believed, you were sealed in Him with the Holy Spirit of promise,

<13> ἐν ᾧ καὶ ὑμεῖς ἀκούσαντες τὸν λόγον τῆς ἀληθείας, τὸ εὐαγγέλιον τῆς σωτηρίας ὑμῶν, ἐν ᾧ καὶ πιστεύσαντες ἐσφραγίσθητε τῷ πνεύματι τῆς ἐπαγγελίας τῷ ἁγίῳ,

13 en hō kai hymeis akousantes ton logon tēs alētheias, to euaggelion tēs sōtērias hymōn, en hō kai pisteusantes esphragisthēte tō pneumati tēs epaggelias tō hagiō,

יד כי זה ערבון נחלתנו לפדות-לו עם סגלה לתהלת כבודו:  
14. kiy zeh `er'bon nachalathenu liph'doth-lo `am s'gulah lith'hilath k'bodo.

**Eph1:14** which is the earnest of our inheritance, until the redemption of the purchased possession, to the praise of His glory.

<14> ὃ ἐστὶν ἀρραβὼν τῆς κληρονομίας ἡμῶν, εἰς ἀπολύτρωσιν τῆς περιποιήσεως, εἰς ἔπαινον τῆς δόξης αὐτοῦ.

14 ho estin arrabōn tēs klēronomias hēmōn, eis apolytrōsin tēs peripoiēseōs, eis epainon tēs doxēs autou.

טו בעבור זאת גם-אנכי אחרי שמעי אמונתכם באדנינו יהושע  
והאהבה אשר-אהבתם את-כל-הקדשים:  
15. ba`abur zo'th gam-'anokiy 'acharey sham'iy 'emunath'kem ba'Adoneynu Yahushua  
w'ha'ahabah 'asher-'ahab'tem 'eth-kal-haq'dshiyim.

**Eph1:15** For this reason I also, after I heard of your faith in the Master Yahushua, and love unto all the holy ones,

<15> Διὰ τοῦτο καγὼ ἀκούσας τὴν καθ' ὑμᾶς πίστιν ἐν τῷ κυρίῳ Ἰησοῦ καὶ τὴν ἀγάπην τὴν εἰς πάντας τοὺς ἁγίους

15. ba`abur zo'th gam-'anokiy 'acharey sham'iy 'emunath'kem ba'Adoneynu Yahushua w'ha'ahabah 'asher-'ahab'tem 'eth-kal-haq'dshiyim.

15 Dia touto kagō akousas tēn kath' hymas pistin en tō kyriō Iēsou

kai tēn agapēn tēn eis pantas tous hagiou

16 טז לא אֶחָדֶל מִהוֹדוֹת בְּעִבּוּרְכֶם בְּהִזְכִּירֵי אֶתְכֶם בְּתַפִּלְתֵּי:  
:כֶּחָדָרְךָ מְשַׁחֵרְךָ מְשַׁחֵרְךָ מְשַׁחֵרְךָ מְשַׁחֵרְךָ מְשַׁחֵרְךָ מְשַׁחֵרְךָ מְשַׁחֵרְךָ מְשַׁחֵרְךָ מְשַׁחֵרְךָ מְשַׁחֵרְךָ

16. lo' 'ech'dal mehodoth ba`abur'kem b'haz'kiyriy 'eth'kem bith'philthay.

Eph1:16 do not cease to give thanks for you, while making mention of you in my prayers;

<16> οὐ παύομαι εὐχαριστῶν ὑπὲρ ὑμῶν μνείαν ποιούμενος ἐπὶ τῶν προσευχῶν μου,

16 ou pauomai eucharistōn hyper hymōn mneian poioumenos epi tōn proseuchōn mou,

17 יז שְׁיִיתֵן לָכֶם אֱלֹהֵי אֲדֹנָיֵנוּ יְהוֹשֻׁעַ הַמָּשִׁיחַ אָבִי הַכְּבוֹד אֶת־רוּחַ הַחֵכְמָה  
וְהַחַזוֹן לְדַעַת אֹתוֹ:  
17 אֲבִי הַכְּבוֹד אֶת־רוּחַ הַחֵכְמָה וְהַחַזוֹן לְדַעַת אֹתוֹ:  
:יְהוֹשֻׁעַ הַמָּשִׁיחַ אָבִי הַכְּבוֹד אֶת־רוּחַ הַחֵכְמָה וְהַחַזוֹן לְדַעַת אֹתוֹ:

17. sheyiten lakem 'Elohey 'Adoneynu Yahushua haMashiyach 'Abiy hakabod  
'eth-Ruach hachak'mah w'hechazon lada`ath 'otho.

Eph1:17 that the El of our Master Yahushua the Mashiyach, the Father of glory,  
may give to you a Spirit of wisdom and of revelation in the knowledge of Him.

<17> ἵνα ὁ θεὸς τοῦ κυρίου ἡμῶν Ἰησοῦ Χριστοῦ, ὁ πατὴρ τῆς δόξης,  
δώῃ ὑμῖν πνεῦμα σοφίας καὶ ἀποκαλύψεως ἐν ἐπιγνώσει αὐτοῦ,

17 hina ho theos tou kyriou hēmōn Iēsou Christou, ho patēr tēs doxēs,

dōē hymin pneuma sophias kai apokaluueōs en epignōsei autou,

18 יח וַיֵּאָר עֵינַי לְבַבְכֶם לְמַעַן תִּדְעוּ מַה־הִיא תוֹחֶלֶת קְרִיאָתוֹ  
וּמַה־עֲשֶׂר כְּבוֹד נִחְלָתוֹ בְּקִדְשִׁים:  
18 יְהוֹשֻׁעַ הַמָּשִׁיחַ אָבִי הַכְּבוֹד אֶת־רוּחַ הַחֵכְמָה וְהַחַזוֹן לְדַעַת אֹתוֹ:

18. w'ya'er `eyney l'bab'kem l'ma`an ted`u mah-hiy' tocheleth q'riy'atho  
umah-`sher k'bod nachalatho baq'dshiyim.

Eph1:18 The eyes of your heart being enlightened; that you shall know  
what is the hope of His calling, what are the riches of the glory of His inheritance in the holy ones,

<18> πεφωτισμένους τοὺς ὀφθαλμοὺς τῆς καρδίας [ὑμῶν] εἰς τὸ εἰδέναι ὑμᾶς τίς ἐστὶν ἡ ἐλπίς  
τῆς κλήσεως αὐτοῦ, τίς ὁ πλοῦτος τῆς δόξης τῆς κληρονομίας αὐτοῦ ἐν τοῖς ἁγίοις,

18 pephōtismenous tous ophthalmous tēs kardias [hymōn] eis to eidenai hymas tis estin hē elpis

tēs klēseōs autou, tis ho ploutos tēs doxēs tēs klēronomias autou en tois hagiois,

19 יט וּמַה־יִתְרוֹן גְּדֻלַּת גְּבוּרָתוֹ בְּנוֹי הַמְּאֵמִינִים כְּפִי בְּעֵלֶת עֲצָם כָּחוֹ:  
19 יְהוֹשֻׁעַ הַמָּשִׁיחַ אָבִי הַכְּבוֹד אֶת־רוּחַ הַחֵכְמָה וְהַחַזוֹן לְדַעַת אֹתוֹ:

19. umah-yith'ron g'dulath g'buratho banu hama'amiynim k'phiy ph`ulath `otsem kocho.

Eph1:19 and what is the surpassing greatness of His power toward us who believe,

according to the working of the strength of His might

<19> καὶ τί τὸ ὑπερβάλλον μέγεθος τῆς δυνάμεως αὐτοῦ εἰς ἡμᾶς τοὺς πιστεύοντας  
κατὰ τὴν ἐνέργειαν τοῦ κράτους τῆς ἰσχύος αὐτοῦ.

19 kai ti to hyperballon megethos tēs dynamēōs autou eis hēmas tous pisteuontas  
kata tēn energeian tou kratous tēs ischuos autou.

20  
כְּאֲשֶׁר פָּעַל בְּמַשִּׁיחַ בְּהַעִיר אֹתוֹ מִן-הַמָּוֶת  
וַיּוֹשִׁיבֵנוּ לְיָמֵינוּ בְּמְרוֹמִים:

20. 'asher pa`al baMashiyach b'ha'iyir 'otho min-hamethiyim wayoshiybenu liymiyno bam'romiym.

Eph1:20 which He wrought in the Mashiyach,  
when He raised Him from the dead and seated Him at His right hand in the heavenly places,

<20> ἦν ἐνήργησεν ἐν τῷ Χριστῷ ἐγείρας αὐτὸν ἐκ νεκρῶν  
καὶ καθίσας ἐν δεξιᾷ αὐτοῦ ἐν τοῖς ἐπουρανίοις

20 hēn enērgēsēn en tō Christō egeiras auton ek nekrōn kai kathisas en dexiā autou en tois epouraniois

21  
כָּאֲמַעַל לְכָל-שְׂרָרָה וְשִׁלְטָן וְגִבּוֹרָה וּמְמַשְׁלָה  
וְכֹל הַנִּקְרָא בְּשֵׁם לֹא-בָעוֹלָם הַזֶּה בְּלִבְדָּ כִּי אִם-גַּם בְּעוֹלָם הַבָּא:

21. mima`al l'kal-s'rarah w'shal'tan ug'burah umem'shalah  
w'kol haniq'ra' b'shem lo'-ba`olam hazeh bil'bad kiy 'im-gam ba`olam haba'.

Eph1:21 far above all rule and authority and power and dominion,  
and every name that is named, not only in this age but also in that which is to come.

<21> ὑπεράνω πάσης ἀρχῆς καὶ ἐξουσίας καὶ δυνάμεως καὶ κυριότητος  
καὶ παντὸς ὀνόματος ὀνομαζομένου, οὐ μόνον ἐν τῷ αἰῶνι τούτῳ ἀλλὰ καὶ ἐν τῷ μέλλοντι·

21 hyperanō pasēs archēs kai exousias kai dynamēōs kai kyriotētos

kai pantos onomatatos onomazomenou, ou monon en tō aiōni toutō alla kai en tō mellonti;

22  
כָּבַד וַיִּשֶׁת כָּל תַּחַת הַגְּלִיו וַיִּתֵּן אֹתוֹ לְרֹאשׁ לְכָל-אֵל-הַעֲדָה:

22. wayasheth kol tachath rag'layu wayiten 'otho l'ro'sh l'kol 'el-ha`edah.

Eph1:22 And He put all things under His feet,  
and gave Him to be the head over all things to the assembly,

<22> καὶ πάντα ὑπέταξεν ὑπὸ τοὺς πόδας αὐτοῦ  
καὶ αὐτὸν ἔδωκεν κεφαλὴν ὑπὲρ πάντα τῇ ἐκκλησίᾳ,

22 kai panta hypetaxen hypo tous podas autou kai auton edōken kephalēn hyper panta tē ekklēsiā,

23

כג אֲשֶׁר הִיא גּוּפוֹ מְלֵא מְלֵא שֶׁל-הַמְּמַלֵּא אֶת-הַכֹּל בְּכֹל:

23. 'asher hiy' gupho m'lo' shel-ham'male' 'eth-hakol bakol.

Eph1:23 which is His body, the fullness of Him who fills all in all.

<23> ἥτις ἐστὶν τὸ σῶμα αὐτοῦ, τὸ πλήρωμα τοῦ τὰ πάντα ἐν πᾶσιν πληρουμένου.

23 hētis estin to sōma autou, to plērōma tou ta panta en pasin plēroumenou.