

⁵There is one Lord, one faith, one baptism, ⁶and one God and Father of all, who is over all, through all, and in all.

⁷God has given his grace to each one of us measured out by the gift that is given by Christ. ⁸That's why scripture says, When he climbed up to the heights, he captured prisoners, and he gave gifts to people.

⁹What does the phrase "he climbed up" mean if it doesn't mean that he had first gone down into the lower regions, the earth? ¹⁰The one who went down is the same one who climbed up above all the heavens so that he might fill everything.

¹¹He gave some apostles, some prophets, some evangelists, and some pastors and teachers. ¹²His purpose was to equip God's people for the work of serving and building up the body of Christ ¹³until we all reach the unity of faith and knowledge of God's Son. God's goal is for us to become mature adults—to be fully grown, measured by the standard of the fullness of Christ. ¹⁴As a result, we aren't supposed to be infants any longer

who can be tossed and blown around by every wind that comes from teaching with deceitful scheming and the tricks people play to deliberately mislead others. ¹⁵ Instead, by speaking the truth with love, let's grow in every way into Christ, ¹⁶ who is the head. The whole body grows from him, as it is joined and held together by all the supporting ligaments. The body makes itself grow in that it builds itself up with love as each one does its part.

¹⁷ So I'm telling you this, and I insist on it in the Lord: you shouldn't live your life like the Gentiles anymore. They base their lives on pointless thinking, ¹⁸ and they are in the dark in their reasoning. They are disconnected from God's life because of their ignorance and their closed hearts. ¹⁹ They are people who lack all sense of right and wrong, and who have turned themselves over to doing whatever feels good and to practicing every sort of corruption along with greed.

²⁰ But you didn't learn that sort of thing from Christ.

The Word of God for the people of God. **Thanks be to God.**