

AFRIKAANS	NEW INTERNATIONAL VERSION
<b>EFESIËRS 1</b>	<b>EPHESIANS 1</b>
1:1 Paulus, 'n apostel van Jesus Christus deur die wil van God, aan die heiliges wat in Éfese is, en die gelowiges in Christus Jesus:	1:1 Paul, an apostle of Christ Jesus by the will of God, To the saints in Ephesus, the faithful in Christ Jesus:
1:2 Genade vir julle en vrede van God, onse Vader, en die Here Jesus Christus!	1:2 Grace and peace to you from God our Father and the Lord Jesus Christ.
1:3 Geseënd is die God en Vader van onse Here Jesus Christus wat ons geseën het met alle geestelike seënige in die hemele in Christus,	1:3 Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.
1:4 soos Hy ons in Hom uitverkies het voor die grondlegging van die wêreld om heilig en sonder gebrek voor Hom in liefde te wees,	1:4 For he chose us in him before the creation of the world to be holy and blameless in his sight. In love
1:5 deurdat Hy ons voorbeskik het om ons as sy kinders vir Homself aan te neem deur Jesus Christus, na die welbehae van sy wil,	1:5 he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will--
1:6 tot lof van die heerlikheid van sy genade waarmee Hy ons begenadig het in die Geliefde.	1:6 to the praise of his glorious grace, which he has freely given us in the One he loves.
1:7 In Hom het ons die verlossing deur sy bloed, die vergifnis van die misdade na die rykdom van sy genade,	1:7 In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace
1:8 wat Hy oorvloedig aan ons bewys het in alle wysheid en verstand,	1:8 that he lavished on us with all wisdom and understanding.
1:9 deurdat Hy aan ons die verborgenheid van sy wil bekend gemaak het na sy welbehae wat Hy in Homself voorgeneem het,	1:9 And he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ,
1:10 om die volheid van die tye te reël, met die doel om alle dinge wat in die hemele sowel as wat op die aarde is, onder een hoof in Christus te verenig--	1:10 to be put into effect when the times will have reached their fulfillment--to bring all things in heaven and on earth together under one head, even Christ.
1:11 in Hom in wie ons ook 'n erfdeel ontvang het nadat ons vantevore daartoe verordineer is ooreenkomstig die voorneme van Hom wat alles werk volgens die raad van sy wil,	1:11 In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will,
1:12 sodat ons kan wees tot lof van sy heerlikheid, ons wat reeds tevore op Christus gehoop het,	1:12 in order that we, who were the first to hope in Christ, might be for the praise of his glory.
1:13 in wie julle ook, nadat julle die woord van die waarheid, die evangelie van julle redding, gehoor het, in wie julle, nadat julle ook geglo het, verseël is met die Heilige Gees van die belofte,	1:13 And you also were included in Christ when you heard the word of truth, the gospel of your salvation. Having believed, you were marked in him with a seal, the promised Holy Spirit,

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1:14 wat die onderpand is van ons erfdeel om sy eiendom te verlos tot lof van sy heerlikheid.	1:14 who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession--to the praise of his glory.
1:15 Daarom--vandat ek gehoor het van die geloof in die Here Jesus wat onder julle is en die liefde tot al die heiliges--	1:15 For this reason, ever since I heard about your faith in the Lord Jesus and your love for all the saints,
1:16 hou ek ook nie op om vir julle te dank as ek aan julle in my gebede dink nie,	1:16 I have not stopped giving thanks for you, remembering you in my prayers.
1:17 dat die God van onse Here Jesus Christus, die Vader van die heerlikheid, aan julle die Gees van wysheid en openbaring in kennis van Hom mag gee,	1:17 I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better.
1:18 verligte oë van julle verstand, sodat julle kan weet wat die hoop van sy roeping en wat die rykdom van die heerlikheid van sy erfdeel onder die heiliges is;	1:18 I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints,
1:19 en wat die uitnemende grootheid van sy krag is vir ons wat glo, na die werking van die krag van sy sterkte	1:19 and his incomparably great power for us who believe. That power is like the working of his mighty strength,
1:20 wat Hy gewerk het in Christus toe Hy Hom uit die dode opgewek het en Hom laat sit het aan sy regterhand in die hemele,	1:20 which he exerted in Christ when he raised him from the dead and seated him at his right hand in the heavenly realms,
1:21 bo alle owerheid en mag en krag en heerskappy en elke naam wat genoem word, nie alleen in hierdie wêreld nie, maar ook in die toekomstige.	1:21 far above all rule and authority, power and dominion, and every title that can be given, not only in the present age but also in the one to come.
1:22 En Hy het alle dinge onder sy voete onderwerp en Hom as Hoof bo alle dinge aan die gemeente gegee,	1:22 And God placed all things under his feet and appointed him to be head over everything for the church,
1:23 wat sy liggaam is, die volheid van Hom wat alles in almal vervul.	1:23 which is his body, the fullness of him who fills everything in every way.
<b>EFESIËRS 2</b>	<b>EPHESIANS 2</b>
2:1 En julle het Hy lewend gemaak, wat dood was deur die misdade en die sondes	2:1 As for you, you were dead in your transgressions and sins,
2:2 waarin julle tevore gewandel het volgens die loop van hierdie wêreld, volgens die owerste van die mag van die lug, van die gees wat nou in die kinders van die ongehoorsaamheid werk,	2:2 in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient.
2:3 onder wie ons almal ook vroeër gewandel het in die begeerlikhede van ons vlees toe ons die wil van die vlees en van die sinne gedoen het; en ons was van nature kinders van die toorn net soos ook die ander.	2:3 All of us also lived among them at one time, gratifying the cravings of our sinful nature and following its desires and thoughts. Like the rest, we were by nature objects of wrath.

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2:4 Maar God, wat ryk is in barmhartigheid, het ons deur sy grote liefde waarmee Hy ons liefgehad het,	2:4 But because of his great love for us, God, who is rich in mercy,
2:5 ook toe ons dood was deur die misdade, lewend gemaak saam met Christus--uit genade is julle gered--	2:5 made us alive with Christ even when we were dead in transgressions--it is by grace you have been saved.
2:6 en saam opgewek en saam laat sit in die hemele in Christus Jesus,	2:6 And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus,
2:7 sodat Hy in die eeue wat kom, kan betoon die uitnemende rykdom van sy genade in goedertierenheid oor ons in Christus Jesus.	2:7 in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.
2:8 Want uit genade is julle gered, deur die geloof, en dit nie uit julleself nie: dit is die gawe van God;	2:8 For it is by grace you have been saved, through faith--and this not from yourselves, it is the gift of God--
2:9 nie uit die werke nie, sodat niemand mag roem nie.	2:9 not by works, so that no one can boast.
2:10 Want ons is sy maaksel, geskape in Christus Jesus tot goeie werke wat God voorberei het, sodat ons daarin kan wandel.	2:10 For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.
2:11 Daarom, onthou dat julle wat vroeër heidene in die vlees was en onbesnedenes genoem word deur die sogenaamde besnydenis wat in die vlees met hande verrig word,	2:11 Therefore, remember that formerly you who are Gentiles by birth and called "uncircumcised" by those who call themselves "the circumcision" (that done in the body by the hands of men)--
2:12 dat julle in dié tyd sonder Christus was, vervreemd van die burgerskap van Israel en vreemdelinge ten aansien van die verbonde van die belofte, sonder hoop en sonder God in die wêreld.	2:12 remember that at that time you were separate from Christ, excluded from citizenship in Israel and foreigners to the covenants of the promise, without hope and without God in the world.
2:13 Maar nou in Christus Jesus het julle wat vroeër ver was, naby gekom deur die bloed van Christus.	2:13 But now in Christ Jesus you who once were far away have been brought near through the blood of Christ.
2:14 Want Hy is ons vrede, Hy wat albei een gemaak en die middelmuur van skeiding afgebreek het	2:14 For he himself is our peace, who has made the two one and has destroyed the barrier, the dividing wall of hostility,
2:15 deurdat Hy in sy vlees die vyandskap tot niet gemaak het, naamlik die wet van gebooie wat in insettinge bestaan; sodat Hy, deur vrede te maak, die twee in Homself tot een nuwe mens kon skeep	2:15 by abolishing in his flesh the law with its commandments and regulations. His purpose was to create in himself one new man out of the two, thus making peace,
2:16 en albei in een liggaam met God kon versoen deur die kruis, nadat Hy daaraan die vyandskap doodgemaak het.	2:16 and in this one body to reconcile both of them to God through the cross, by which he put to death their hostility.

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2:17 En Hy het die evangelie van vrede kom verkondig aan julle wat ver was en aan die wat naby was;	2:17 He came and preached peace to you who were far away and peace to those who were near.
2:18 want deur Hom het ons albei die toegang deur een Gees tot die Vader.	2:18 For through him we both have access to the Father by one Spirit.
2:19 So is julle dan nie meer vreemdelinge en bywoners nie, maar medeburgers van die heiliges en huisgenote van God,	2:19 Consequently, you are no longer foreigners and aliens, but fellow citizens with God's people and members of God's household,
2:20 gebou op die fondament van die apostels en profete, terwyl Jesus Christus self die hoeksteen is,	2:20 built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone.
2:21 in wie die hele gebou, goed saamgevoeg, verrys tot 'n heilige tempel in die Here,	2:21 In him the whole building is joined together and rises to become a holy temple in the Lord.
2:22 in wie julle ook saam opgebou word tot 'n woning van God in die Gees.	2:22 And in him you too are being built together to become a dwelling in which God lives by his Spirit.
<b>EFESIËRS 3</b>	<b>EPHESIANS 3</b>
3:1 Om hierdie rede is ek, Paulus, die gevangene van Christus Jesus vir julle wat heidene is--	3:1 For this reason I, Paul, the prisoner of Christ Jesus for the sake of you Gentiles--
3:2 as julle ten minste gehoor het van die bediening van die genade van God wat aan my verleen is vir julle,	3:2 Surely you have heard about the administration of God's grace that was given to me for you,
3:3 dat Hy aan my deur 'n openbaring bekend gemaak het die verborgenheid, soos ek tevore kortliks geskryf het;	3:3 that is, the mystery made known to me by revelation, as I have already written briefly.
3:4 waardeur julle, as julle dit lees, my insig in die verborgenheid van Christus kan verstaan,	3:4 In reading this, then, you will be able to understand my insight into the mystery of Christ,
3:5 wat in ander tye aan die mensekinders nie bekend gemaak is nie soos dit nou aan sy heilige apostels en profete geopenbaar is deur die Gees, naamlik	3:5 which was not made known to men in other generations as it has now been revealed by the Spirit to God's holy apostles and prophets.
3:6 dat die heidene mede-erfgename is en mededelede van die liggaam en mededeelgenote aan sy belofte in Christus deur die evangelie	3:6 This mystery is that through the gospel the Gentiles are heirs together with Israel, members together of one body, and sharers together in the promise in Christ Jesus.
3:7 waarvan ek 'n dienaar geword het, volgens die gawe van die genade van God wat aan my gegee is ooreenkomstig die werking van sy krag.	3:7 I became a servant of this gospel by the gift of God's grace given me through the working of his power.
3:8 Aan my, die geringste van al die heiliges, is hierdie genade gegee om onder die heidene die evangelie van die onnaspeurlike rykdom van Christus te verkondig,	3:8 Although I am less than the least of all God's people, this grace was given me: to preach to the Gentiles the unsearchable riches of Christ,

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3:9 en vir almal aan die lig te bring wat die gemeenskap is van die verborgenheid wat van alle eeue af verborge was in God wat alles geskape het deur Jesus Christus,	3:9 and to make plain to everyone the administration of this mystery, which for ages past was kept hidden in God, who created all things.
3:10 sodat nou deur die gemeente aan die owerhede en magte in die hemele die menigvuldige wysheid van God bekend gemaak kan word,	3:10 His intent was that now, through the church, the manifold wisdom of God should be made known to the rulers and authorities in the heavenly realms,
3:11 volgens die ewige voorneme wat Hy opgevat het in Christus Jesus, onse Here,	3:11 according to his eternal purpose which he accomplished in Christ Jesus our Lord.
3:12 in wie ons die vrymoedigheid en die toegang het met vertroue deur die geloof in Hom.	3:12 In him and through faith in him we may approach God with freedom and confidence.
3:13 Daarom bid ek dat julle nie moedeloos word by my verdrukkinge ter wille van julle nie. Dit is julle eer.	3:13 I ask you, therefore, not to be discouraged because of my sufferings for you, which are your glory.
3:14 Om hierdie rede buig ek my knieë voor die Vader van onse Here Jesus Christus,	3:14 For this reason I kneel before the Father,
3:15 van wie elke geslag in die hemele en op die aarde sy naam ontvang,	3:15 from whom his whole family in heaven and on earth derives its name.
3:16 dat Hy aan julle mag gee na die rykdom van sy heerlikheid om met krag versterk te word deur sy Gees in die innerlike mens,	3:16 I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being,
3:17 sodat Christus deur die geloof in julle harte kan woon, julle wat in die liefde gewortel en gegrond is,	3:17 so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love,
3:18 en julle in staat kan wees om saam met al die heiliges ten volle te begryp wat die breedte en lengte en diepte en hoogte is,	3:18 may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ,
3:19 en die liefde van Christus te ken wat die kennis oortref, sodat julle vervul kan word tot al die volheid van God.	3:19 and to know this love that surpasses knowledge--that you may be filled to the measure of all the fullness of God.
3:20 En aan Hom wat mag het om te doen ver bo alles wat ons bid of dink, volgens die krag wat in ons werk,	3:20 Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us,
3:21 aan Hom die heerlikheid in die gemeente in Christus Jesus deur alle geslagte tot in ewigheid! Amen.	3:21 to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.
<b>EFESIËRS 4</b>	<b>EPHESIANS 4</b>
4:1 Ek vermaan julle dan, ek, die gevangene in die Here, om te wandel waardig die roeping waarmee julle geroep is,	4:1 As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.

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4:2 met alle nederigheid en sagmoedigheid, met lankmoedigheid, terwyl julle mekaar in liefde verdra	4:2 Be completely humble and gentle; be patient, bearing with one another in love.
4:3 en ernstig strewende om die eenheid van die Gees te bewaar deur die band van die vrede.	4:3 Make every effort to keep the unity of the Spirit through the bond of peace.
4:4 Dit is een liggaam en een Gees, soos julle ook geroep is in een hoop van julle roeping;	4:4 There is one body and one Spirit-- just as you were called to one hope when you were called--
4:5 een Here, een geloof een doop,	4:5 one Lord, one faith, one baptism;
4:6 een God en Vader van almal, wat oor almal en deur almal en in julle almal is.	4:6 one God and Father of all, who is over all and through all and in all.
4:7 Maar aan elkeen van ons is die genade gegee volgens die mate van die gawe van Christus.	4:7 But to each one of us grace has been given as Christ apportioned it.
4:8 Daarom sê Hy: Toe Hy opgevaar het in die hoogste, het Hy die gevangenes gevange geneem en gawes aan die mense gegee.	4:8 This is why it says: "When he ascended on high, he led captives in his train and gave gifts to men."
4:9 Maar dít: Hy het opgevaar--wat beteken dit anders as dat Hy ook eers neergedaal het in die onderste dele van die aarde?	4:9 (What does "he ascended" mean except that he also descended to the lower, earthly regions?)
4:10 Hy wat neergedaal het, is dieselfde as Hy wat opgevaar het bokant al die hemele, sodat Hy alles tot volheid kan bring.	4:10 He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.)
4:11 En Hy het gegee sommige as apostels, ander as profete, ander as evangeliste, ander as herders en leraars,	4:11 It was he who gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers,
4:12 om die heiliges toe te rus vir hulle dienswerk, tot opbouing van die liggaam van Christus,	4:12 to prepare God's people for works of service, so that the body of Christ may be built up
4:13 totdat ons almal kom tot die eenheid van die geloof en van die kennis van die Seun van God, tot 'n volwasse man, tot die mate van die volle grootte van Christus;	4:13 until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.
4:14 sodat ons nie meer kinders sou wees nie wat soos golwe geslinger en heen en weer gedryf word deur elke wind van lering, deur die bedrieëry van die mense, deur sluhed om listiglik tot dwaling te bring;	4:14 Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of men in their deceitful scheming.
4:15 maar, terwyl ons in liefde die waarheid betrag, in alles sou opgroei in Hom wat die Hoof is, naamlik Christus,	4:15 Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ.

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4:16 uit wie die hele liggaam--goed saamgevoeg en saamverbind deur die ondersteuning wat elke lid gee volgens die werking van elke afsonderlike deel in sy mate--die groei van die liggaam bevorder vir sy eie opbouing in liefde.	4:16 From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.
4:17 Dit sê en betuig ek dan in die Here, dat julle nie meer moet wandel soos die ander heidene ook wandel in die verdwaasdheid van hulle gemoed nie--	4:17 So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking.
4:18 mense wat verduisterd is in die verstand en vervreemd van die lewe van God deur die onkunde wat in hulle is vanweë die verharding van hulle hart;	4:18 They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts.
4:19 wat ongevoelig geword het en hulle oorgegee het aan die ongebondenheid om in hebsug allerhande onreinheid te bedrywe.	4:19 Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, with a continual lust for more.
4:20 Maar julle het Christus nie so leer ken nie,	4:20 You, however, did not come to know Christ that way.
4:21 as julle ten minste van Hom gehoor het en in Hom onderrig is soos die waarheid is in Jesus:	4:21 Surely you heard of him and were taught in him in accordance with the truth that is in Jesus.
4:22 dat julle, wat die vorige lewenswandel betref die oue mens moet aflê wat deur die begeerlikhede van die verleiding te gronde gaan,	4:22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires;
4:23 en dat julle vernuwe moet word in die gees van julle gemoed	4:23 to be made new in the attitude of your minds;
4:24 en julle met die nuwe mens moet beklee wat na God geskape is in ware geregtigheid en heiligheid.	4:24 and to put on the new self, created to be like God in true righteousness and holiness.
4:25 Daarom, lê die leuen af en spreek die waarheid, elkeen met sy naaste, want ons is mekaar se lede.	4:25 Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.
4:26 Word toornig en moenie sondig nie; laat die son nie ondergaan oor julle toorn nie;	4:26 "In your anger do not sin": Do not let the sun go down while you are still angry,
4:27 en gee aan die duiwel geen plek nie.	4:27 and do not give the devil a foothold.
4:28 Laat die een wat steel, nie meer steel nie; maar laat hom liever arbei deur met sy hande te werk wat goed is, sodat hy iets kan hê om mee te deel aan die een wat gebrek het.	4:28 He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need.

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4:29 Laat daar geen vuil woord uit julle mond uitgaan nie, maar net 'n woord wat goed is vir die nodige stigting, sodat dit genade kan gee aan die wat dit hoor.	4:29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.
4:30 En bedroef nie die Heilige Gees van God nie, deur wie julle verseël is tot die dag van verlossing.	4:30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.
4:31 Alle bitterheid en woede en toorn en geskreeu en lastering moet van julle verwyder word, saam met alle boosheid.	4:31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.
4:32 Maar wees vriendelik en vol ontferming teenoor mekaar; vergeef mekaar soos God ook in Christus julle vergewe het.	4:32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.
<b>EFESIËRS 5</b>	<b>EPHESIANS 5</b>
5:1 Wees dan navolgers van God soos geliefde kinders;	5:1 Be imitators of God, therefore, as dearly loved children
5:2 en wandel in liefde, soos Christus ons ook liefgehad het en Hom vir ons oorgegee het as 'n gawe en offer aan God tot 'n lieflike geur.	5:2 and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.
5:3 Maar hoerery en allerhande onreinheid of hebsug moet onder julle selfs nie genoem word nie, soos dit die heiliges betaam;	5:3 But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people.
5:4 ook nie gemeenheid en dwase of lawwe praatjies wat nie pas nie, maar liever danksegging.	5:4 Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.
5:5 Want dit moet julle weet dat geen hoereerder of onreine of gierigaard, wat 'n afgodedienaar is, 'n erfdeel het in die koninkryk van Christus en van God nie.	5:5 For of this you can be sure: No immoral, impure or greedy person--such a man is an idolater--has any inheritance in the kingdom of Christ and of God.
5:6 Laat niemand julle met ydel woorde verlei nie, want daardeur kom die toorn van God oor die kinders van die ongehoorsaamheid.	5:6 Let no one deceive you with empty words, for because of such things God's wrath comes on those who are disobedient.
5:7 Wees dan nie hulle deelgenote nie.	5:7 Therefore do not be partners with them.
5:8 Want vroeër was julle duisternis, maar nou is julle lig in die Here--wandel soos kinders van die lig.	5:8 For you were once darkness, but now you are light in the Lord. Live as children of light
5:9 Want die vrug van die Gees bestaan in alle goedheid en geregtigheid en waarheid.	5:9 (for the fruit of the light consists in all goodness, righteousness and truth)
5:10 En beproef wat die Here welbehaaglik is;	5:10 and find out what pleases the Lord.



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5:11 en hou nie gemeenskap met die onvrugbare werke van die duisternis nie, maar bestraf dit liewer.	5:11 Have nothing to do with the fruitless deeds of darkness, but rather expose them.
5:12 Want wat in die geheim deur hulle gedoen word, is skandelik selfs om te noem.	5:12 For it is shameful even to mention what the disobedient do in secret.
5:13 Maar al die dinge wat deur die lig bestraf word, word openbaar; want alles wat openbaar word, is lig.	5:13 But everything exposed by the light becomes visible,
5:14 Daarom sê Hy: Ontwaak, jy wat slaap, en staan op uit die dode, en Christus sal oor jou skyn.	5:14 for it is light that makes everything visible. This is why it is said: "Wake up, O sleeper, rise from the dead, and Christ will shine on you."
5:15 Pas dan op dat julle nougeset wandel, nie as onwyse nie, maar as wyse;	5:15 Be very careful, then, how you live--not as unwise but as wise,
5:16 en koop die tyd uit, omdat die dae boos is.	5:16 making the most of every opportunity, because the days are evil.
5:17 Daarom moet julle nie onverstandig wees nie, maar verstaan wat die wil van die Here is.	5:17 Therefore do not be foolish, but understand what the Lord's will is.
5:18 Moenie dronk word van wyn nie--daarin is losbandigheid; maar word met die Gees vervul.	5:18 Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.
5:19 Spreek onder mekaar met psalms en lofsange en geestelike liedere; en sing en psalmsing in julle hart tot eer van die Here,	5:19 Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord,
5:20 terwyl julle God die Vader altyd vir alles dank in die Naam van onse Here Jesus Christus,	5:20 always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.
5:21 en aan mekaar onderdanig is in die vrees van God.	5:21 Submit to one another out of reverence for Christ.
5:22 Vroue, wees aan julle eie mans onderdanig, soos aan die Here.	5:22 Wives, submit to your husbands as to the Lord.
5:23 Want die man is die hoof van die vrou, soos Christus ook Hoof is van die gemeente; en Hy is die Verlosser van die liggaam.	5:23 For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior.
5:24 Maar soos die gemeente aan Christus onderdanig is, so moet die vroue dit ook in alles aan hul eie mans wees.	5:24 Now as the church submits to Christ, so also wives should submit to their husbands in everything.
5:25 Manne, julle moet jul eie vroue liefhê, soos Christus ook die gemeente liefgehad en Homself daarvoor oorgegee het	5:25 Husbands, love your wives, just as Christ loved the church and gave himself up for her
5:26 om dit te heilig, nadat Hy dit gereinig het met die waterbad deur die woord,	5:26 to make her holy, cleansing her by the washing with water through the word,

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5:27 sodat Hy die gemeente voor Hom kon stel, verheerlik, sonder vlek of rimpel of iets dergeliks; maar dat dit heilig en sonder gebrek sou wees.	5:27 and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless.
5:28 So behoort die mans hulle eie vroue lief te hê soos hul eie liggame. Wie sy eie vrou liefhet, het homself lief;	5:28 In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself.
5:29 want niemand het ooit sy eie vlees gehaat nie, maar hy voed en koester dit, net soos die Here die gemeente.	5:29 After all, no one ever hated his own body, but he feeds and cares for it, just as Christ does the church--
5:30 Want ons is lede van sy liggaam, van sy vlees en van sy bene.	5:30 for we are members of his body.
5:31 Daarom moet die man sy vader en sy moeder verlaat en sy vrou aankleef en hulle twee sal een vlees word.	5:31 "For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh."
5:32 Hierdie verborgenheid is groot, maar ek sê dit met die oog op Christus en die gemeente.	5:32 This is a profound mystery--but I am talking about Christ and the church.
5:33 In alle geval moet elkeen van julle ook afsonderlik sy eie vrou liefhê net soos homself, en die vrou moet die man eerbiedig.	5:33 However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.
<b>EFESIËRS 6</b>	<b>EPHESIANS 6</b>
6:1 Kinders, julle moet jul ouers gehoorsaam wees in die Here, want dit is reg.	6:1 Children, obey your parents in the Lord, for this is right.
6:2 Eer jou vader en jou moeder--dit is die eerste gebod met 'n belofte--	6:2 "Honor your father and mother"--which is the first commandment with a promise--
6:3 sodat dit met jou goed mag gaan en jy lank mag lewe op die aarde.	6:3 "that it may go well with you and that you may enjoy long life on the earth."
6:4 En vaders, moenie julle kinders vertoorn nie, maar voed hulle op in die tug en vermaning van die Here.	6:4 Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.
6:5 Diensknegte, wees gehoorsaam aan julle here na die vlees, met vrees en bewing, in opregtheid van julle hart, soos aan Christus;	6:5 Slaves, obey your earthly masters with respect and fear, and with sincerity of heart, just as you would obey Christ.
6:6 nie met oëdiens soos mensebehaers nie, maar soos diensknegte van Christus wat die wil van God van harte doen	6:6 Obey them not only to win their favor when their eye is on you, but like slaves of Christ, doing the will of God from your heart.
6:7 en met goedwilligheid die Here dien en nie mense nie,	6:7 Serve wholeheartedly, as if you were serving the Lord, not men,
6:8 omdat julle weet dat elkeen vir die goeie wat hy doen, loon van die Here sal ontvang, of hy 'n slaaf is of 'n vryman.	6:8 because you know that the Lord will reward everyone for whatever good he does, whether he is slave or free.

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6:9 En, here, doen dieselfde teenoor hulle en laat staan die dreigemente, omdat julle weet dat ook julle eie Here in die hemele is en by Hom geen aanneming van die persoon is nie.	6:9 And masters, treat your slaves in the same way. Do not threaten them, since you know that he who is both their Master and yours is in heaven, and there is no favoritism with him.
6:10 Eindelik, my broeders, word kragtig in die Here en in die krag van sy sterkte.	6:10 Finally, be strong in the Lord and in his mighty power.
6:11 Trek die volle wapenrusting van God aan, sodat julle staande kan bly teen die liste van die duiwel.	6:11 Put on the full armor of God so that you can take your stand against the devil's schemes.
6:12 Want ons worstelstryd is nie teen vlees en bloed nie, maar teen die owerhede, teen die magte, teen die wêreldheersers van die duisternis van hierdie eeu, teen die bose geeste in die lug.	6:12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.
6:13 Daarom, neem die volle wapenrusting van God op, sodat julle weerstand kan bied in die dag van onheil en, nadat julle alles volbring het, staande kan bly.	6:13 Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.
6:14 Staan dan vas, julle lendene met die waarheid omgord, met die borswapen van die geregtigheid aan,	6:14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place,
6:15 en as skoene aan julle voete die bereidheid vir die evangelie van vrede.	6:15 and with your feet fitted with the readiness that comes from the gospel of peace.
6:16 Behalwe dit alles neem die skild van die geloof op waarmee julle al die vurige pyle van die Bose sal kan uitblus.	6:16 In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.
6:17 En neem aan die helm van verlossing en die swaard van die Gees--dit is die woord van God--	6:17 Take the helmet of salvation and the sword of the Spirit, which is the word of God.
6:18 terwyl julle met alle gebed en smeking by elke geleentheid bid in die Gees, en juis daartoe waak met alle volharding en smeking vir al die heiliges	6:18 And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.
6:19 en vir my, sodat 'n woord my gegee mag word as ek my mond oopmaak om met vrymoedigheid die verborgenheid van die evangelie bekend te maak,	6:19 Pray also for me, that whenever I open my mouth, words may be given me so that I will fearlessly make known the mystery of the gospel,
6:20 waarvoor ek 'n gesant is in kettings, sodat ek daarin vrymoediglik mag spreek soos ek moet spreek.	6:20 for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

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6:21 En dat julle ook my omstandighede kan ken, hoe dit met my gaan, alles sal Tíchikus, die geliefde broeder en getroue dienaar in die Here, julle bekend maak.	6:21 Tychicus, the dear brother and faithful servant in the Lord, will tell you everything, so that you also may know how I am and what I am doing.
6:22 Ek het hom juis daarvoor na julle gestuur, dat julle ons omstandighede kan ken en hy julle harte kan troos.	6:22 I am sending him to you for this very purpose, that you may know how we are, and that he may encourage you.
6:23 Vrede vir die broeders en liefde, met geloof, van God die Vader en die Here Jesus Christus!	6:23 Peace to the brothers, and love with faith from God the Father and the Lord Jesus Christ.
6:24 Die genade sy met almal wat onse Here Jesus Christus in onverganklikheid liefhet! Amen.	6:24 Grace to all who love our Lord Jesus Christ with an undying love.