

- 15 See to it then that you walk carefully, not as fools but as wise people,
 16 who manage their time well, because the days are evil.
- 17 On account of this, do not be mindless, but rather understand God's will.
- 18 And do not get drunk with wine, for it only results in indulgence; rather, be filled with the Spirit,
 19 and speak to one another with psalms, hymns, and spiritual songs, singing in your heart to the Lord.
- 20 Always be thankful to God the Father for everyone in the name of our Lord Jesus the Messiah,
 21 and submit to one another in the Messiah's love.
- 22 Wives, submit to your husbands, as to our Lord,
 23 because the husband is the head of the wife just as the Messiah is the head of the Church, and he is the savior of the body.
- 24 But as the Church submits to the Messiah, so should wives submit to their husbands in everything.
- 25 Husbands, love your wives as the Messiah has loved his Church and gave himself for her
 26 so that he might sanctify and purify her by the washing of water and by the word.
- 27 [He did this] so he could establish for himself a glorious Church, without any spot or stain or anything of that sort, so that she might be holy and without blemish.
- 28 Thus it is fitting for husbands to love their wives as they love their own bodies, for whoever loves his wife also loves himself.
- 29 For no one hates their own body, but rather feeds and cares for it, just as the Messiah does for the Church.
- 30 For we are members of his body, and we are of his flesh and bones.

- ١٥ ٥٠ سِوَهُ وَجَبَلْ اَمَقَلْ بِاَلْحَفِيهِ اِهْتَلَاكِ. لَا اَسْبِ هَفَقَلًا. اَلَّا اَسْبِ مَنَقَتَعَا.
 ١٦ ٥٠ وَاجْتَبِ فَرَاوَهِيهِ. فَعَلْا وَتَقَضَّلَا جَتَمَقَا اَنَّهُ.
 ١٧ ٤٠ فَعَلْا ٥٠ لَّا لَا يَاهُوهُ مَفْعَمَتِ جُنَا. اَلَّا اَهْلَاكُوْهُ. فَنَّهُ رَجْمَتِهِ وَكَلَاةَا.
 ١٨ ٥٠ مَلَّا اِهْتَلَاكِ وَتَقِ كَسْعَدَا. وَرَجْمِ اَمَّا اَهْلُوْهُ اَلَّا اَبَاكُ كُنَا مَلَا.
 ١٩ ٥٠ مَهَلِكُوكِ خَمْرَ تَصْمِيغِ كَفَرَفَعُوْا. وَجَلَمَقَتِيْلَا. مَهْرَفَعِيْلَا وَوَهْمَلَا اِهْتَلَاكِ اَمَقَلْ كَكَّةَا اِيْلَهْ اَحْفِيْلَا.
 ٢٠ ٦٠ اِهْتَلَاكِ مَهْوِيْجِ كَفَرِيْجِ كَلَا اَكْتِ فُلَا لِم. كَعَمَقِهِ وَبُغِيْ تَعَمُ. مَعْمَلَا. لَالْاَهُ اِيْلَهْ اَحْفِيْلَا.
 ٢١ ٤٠ اِهْتَلَاكِ مَعْمَلَا اَحْفِيْلَا مَبِ اَحْبِبْ كُنَهْتَهْ اَمَعْمَلَا ٥٠
 ٢٢ ٥٠ تَقَا. اِهْتَلَاكِ مَعْمَلَا اَحْفِيْلَا جَتَكْتِكْتِقِ. اَسْبِ اَحْفِيْلَا.
 ٢٣ ٥٠ فَعَلْا ٥٠ وَجَلَا مُمَهْ ٥٠ وَاِيْلَا. اَمَقَلْ اِيْلَهْ مَعْمَلَا مَمَلَا ٥٠ وَجَلَا. اِهْتَلَاكِ مَعْمَلَا وَفِيْلَا.
 ٢٤ ٤٠ اَلَّا اَمَقَلْ وَجَلَا مَعْمَلَا اَحْفِيْلَا كَعَمْمَلَا. اِهْتَلَاكِ اِيْلَهْ تَقَا جَتَكْتِكْتِقِ كَفَلَا قَدِيْمِ ٥٠
 ٢٥ ٥٠ كَجَلَا. اَسْبِجِ تَقْتَقَهْ. اَسْبِ اِيْلَهْ مَعْمَلَا اَسْبِجِ اَحْفِيْلَا. مَهْوَقَهْ اَعْمَلَمِ كَلَا اَقْتَهْ.
 ٢٦ ٥٠ وَبَسْبَمَهْ مَهْوَقَهْ. كَعْمَلَا وَكَلَا. مَهْوَقَلَا.
 ٢٧ ٤٠ مَهْوَقَهْ اَحْفِيْلَا اَحْفِيْلَهْ. كَبِ مَعْمَلَا. مَهْكَلَا كُنَهْ هُوْ اَحْمَلَا. مَلَّا مَعْمَلَا. مَلَّا قَدِيْمِ. اِيْلَهْ اِيْلَهْ اِيْلَهْ اِيْلَهْ. اَلَّا يَاهُوْ قَبِيْلَا. وَلَا اَعْمَلَمِ.
 ٢٨ ٥٠ اِهْتَلَاكِ مَلَّا اَحْفِيْلَا. وَبَسْبِجِ تَقْتَقَهْ. اَسْبِ اِيْلَهْ اَحْفِيْلَا. فَعِ اِيْلَهْ اِيْلَهْ اِيْلَهْ اِيْلَهْ. اِيْلَهْ اِيْلَهْ اِيْلَهْ اِيْلَهْ. اِيْلَهْ اِيْلَهْ اِيْلَهْ اِيْلَهْ.
 ٢٩ ٥٠ لَّا اَحْفِيْلَا اَسْبِجِ مَعْمَلَا مَهْوَقَلَا اَحْفِيْلَهْ. اَلَّا مَهْوَقَلَا اَحْفِيْلَهْ. مَهْوَقَلَا وَكَلَا. اَمَقَلْ اِيْلَهْ مَعْمَلَا وَجَلَا.
 ٣٠ ٥٠ فَعَلْا ٥٠ وَبَقَلَا مَبِ وَفِيْلَهْ. مَهْوَقَهْ مَعْمَلَا مَبِ. مَهْوَقَهْ اِيْلَهْ اِيْلَهْ.