

## **A Proclamation from the Letter of Saint Paul to the Ephesians**

Brothers and sisters:

Live in love, as Christ loved us and handed himself over for us.

Be subordinate to one another out of reverence for Christ.

Wives should be subordinate to their husbands as to the Lord.

For the husband is head of his wife just as Christ is head of the Church,  
he himself the savior of the body.

As the Church is subordinate to Christ,

so wives should be subordinate to their husbands in everything.

Husbands, love your wives, even as Christ loved the Church

and handed himself over for her to sanctify her,  
cleansing her by the bath of water with the word,  
that he might present to himself the Church in splendor,  
without spot or wrinkle or any such thing,  
that she might be holy and without blemish.

So also husbands should love their wives as their own bodies.

He who loves his wife loves himself.

For no one hates his own flesh but rather nourishes and cherishes it,  
even as Christ does the Church, because we are members of his Body.

*For this reason a man shall leave his father and his mother  
and be joined to his wife,  
and the two shall become one flesh.*

This is a great mystery, but I speak in reference to Christ and the Church.

In any case, each of you should love his wife as himself,

and the wife should respect her husband.

**The word of the Lord.**