

## Reading

Ephesians 5: 2a. 21–33

*This mystery has many implications and I am saying it applies to Christ and the Church.*

A reading from the letter of St Paul to the Ephesians.

2 Follow Christ by loving as he loved you,  
giving himself up in our place.

21 Give way to one another in obedience to Christ.

22 Wives should regard their husbands as they regard the Lord,  
23 since as Christ is head of the Church and saves the whole body,  
so is a husband the head of his wife;

24 and as the Church submits to Christ,  
so should wives to their husbands, in everything.

25 Husbands should love their wives just as Christ loved the Church  
and sacrificed himself for her

26 to make her holy.

He made her clean by washing her in water with a form of words,  
27 so that when he took her to himself she would be glorious,  
with no speck or wrinkle or anything like that, but holy and faultless.

28 In the same way, husbands must love their wives  
as they love their own bodies;

for a man to love his wife is for him to love himself.

29 A man never hates his own body, but he feeds it and looks after it;  
and that is the way Christ treats the Church,

30 because it is his body — and we are its living parts.

31 For this reason, a man must leave his father and mother  
and be joined to his wife, and the two will become one body.

32 This mystery has many implications;  
but I am saying it applies to Christ and the Church.

33 To sum up; you too, each one of you,  
must love his wife as he loves himself;  
and let every wife respect her husband.

The word of the Lord.