

**Ephesians 4:9** Now the expression **he ascended**, what does it mean but that he also descended into the lower regions, that is, the earth?

[5] - References:

- Moreover, no man has ascended into heaven but he that **descended** from heaven, the Son of man. (**John 3:13**)
- He saw beforehand and spoke concerning the resurrection of the Christ, that neither was he forsaken in Hades nor did his flesh see corruption. (**Acts of Apostles 2:31**)
- For just as Jonah was in the belly of the huge fish three days and three nights, so the Son of man will be in the heart of the **earth** three days and three nights. (**Matthew 12:40**)
- My bones were not hidden from you when I was made in secret, when I was woven in the lowest parts of the **earth**. (**Psalms 139:15**)
- Who has ascended to heaven that he may descend? Who has gathered the wind in the hollow of both hands? Who has wrapped up the waters in a mantle? Who has made all the ends of the **earth** to rise? What is his name and **what** the name of his son, in case you know? (**Proverbs 30:4**)