Once you were dead because of your disobedience and your many sins.

You used to live in sin, just like the rest of the world, obeying the devil - the commander of the powers in the unseen world. He is the spirit at work in the hearts of those who refuse to obey God.
Verse 3. All of us used to live that way, following the passionate desires and inclinations of our sinful nature. By our very nature we were subject to God’s anger, just like everyone else. Verse 4. But God is so rich in mercy, and he loved us so much, NLT
Verse 5. that even though we were dead because of our sins, he gave us life when he raised Christ from the dead. (It is only by God's grace that you have been saved!) Verse 6. For he raised us from the dead along with Christ and seated us with him in the heavenly realms because we are united with Christ Jesus.

NLT
Verse 7. So God can point to us in all future ages as examples of the incredible wealth of his grace and kindness toward us, as shown in all he has done for us who are united with Christ Jesus. Verse 8. God saved you by his grace when you believed.

NLT
And you can't take credit for this; it is a gift from God. Verse 9. Salvation is not a reward for the good things we have done, so none of us can boast about it. Verse 10. For we are God's masterpiece. He has created us NLT
new in Christ Jesus, so we can do the good things he planned for us long ago. Verse 11. Don't forget that you Gentiles used to be outsiders. You were called "uncircumcised heathens" by the Jews, who were proud of their circumcision, NLT
even though it affected only their bodies and not their hearts. Verse 12. In those days you were living apart from Christ. You were excluded from citizenship among the people of Israel, and you did not know the covenant promises God had made to them. You lived in this world without God and without hope.
Verse 13. But now you have been united with Christ Jesus. Once you were far away from God, but now you have been brought near to him through the blood of Christ. Verse 14. For Christ himself has brought peace to us. He united Jews and Gentiles into one people when, in his own body on the cross,
he broke down the wall of hostility that separated us. Verse 15. He did this by ending the system of law with its commandments and regulations. He made peace between Jews and Gentiles by creating in himself one new people from the two groups. NLT
Verse 16. Together as one body, Christ reconciled both groups to God by means of his death on the cross, and our hostility toward each other was put to death. Verse 17. He brought this Good News of peace to you Gentiles who were far away from him, and peace to the Jews who were near. NLT
Verse 18. Now all of us can come to the Father through the same Holy Spirit because of what Christ has done for us. Verse 19. So now you Gentiles are no longer strangers and foreigners. You are citizens along with all of God's holy people. You are members of God's family.
Verse 20. Together, we are his house, built on the foundation of the apostles and the prophets. And the cornerstone is Christ Jesus himself. Verse 21. We are carefully joined together in him, becoming a holy temple for the Lord. NLT
Verse 22. Through him you Gentiles are also being made part of this dwelling where God lives by his Spirit.  

NLT