Let's recap of the last few verses in Ephesians 1 to help get our minds back on subject.

Ephesians 1:4 According as he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love:

Chosen us does not mean He has chosen us and rejected others but rather God chose a plan which is to have a people for Himself and those people are called the Churches of Christ in the Bible ... each are independent congregations cf:

I Peter 1:19-20 But with the precious blood of Christ, as of a lamb without blemish and without spot: 20 Who verily was foreordained before the foundation of the world, but was manifest in these last times for you

I Peter 1:2 Elect according to the foreknowledge of God the Father, through sanctification of the Spirit, unto obedience and sprinkling of the blood of Jesus Christ: Grace unto you, and peace, be multiplied.

II Timothy 1:9 Who hath saved us, and called [us] with an holy calling, not according to our works, but according to his own purpose and grace, which was given us in Christ Jesus before the world began,

Titus 1:2 In hope of eternal life, which God, that cannot lie, promised before the world began;

Ephesians 1:5 Having predestinated us unto the adoption of children by Jesus Christ to himself, according to the good pleasure of his will,

Predestinated means that God foreordained the plan that the church should be made up of those people adopted as His children. God is sovereign and this plan made up the pleasure of His sovereign will.

Professors, Theologians and Twiddlie DD's have tried for ages to make something hard out of predestination but the meaning is not difficult. God designed the whole creation to accomplish the fulfillment of the plan which existed before creation. That is a simple definition of it. It applies to human beings, planets, galaxies, everything God ever made.

Ephesians 1:19 And what is the exceeding greatness of his power to us-ward who believe, according to the working of his mighty power,
Power in Greek is *kratos* – CRA-tus meaning vigor, strength and dominion.

The great knowledge of everlasting life, our glorious inheritance.

Ephesians 1:20 Which he wrought in Christ, when he raised him from the dead, and set him at his own right hand in the heavenly places,

If a dead Savior can save us from our sins, how much more powerful is a living Savior seated in the heavenly places at God's own right hand making intercession for us in the Kingdom of Heaven, the church. Cf:

Hebrews 4:14-16 Seeing then that we have a great high priest, that is passed into the heavens, Jesus the Son of God, let us hold fast [our] profession. 15 For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as [we are, yet] without sin. 16 Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.

Mark 16:19 So then after the Lord had spoken unto them, he was received up into heaven, and sat on the right hand of God.

Ephesians 1:21 Far above all principality, and power, and might, and dominion, and every name that is named, not only in this world, but also in that which is to come:

Jesus at God’ own right hand which is far above all kings, princes, magistrates, and Angelistic beings, either good or bad.

Ephesians 1:22 And hath put all things under his feet, and gave him to be the head over all things to the church,

Christ has been given all authority and power cf:

Matthew 28:18 And Jesus came and spake unto them, saying, All power is given unto me in heaven and in earth.

Christ is made the head of the church, not just the ruler, but the head of the body, which gets life from the head.

Ephesians 1:23 Which is his body, the fulness of him that filleth all in all.

The church is His spiritual earthly body living and united in union with the head.
The fullness of Him is the visible manifestation of the fullness of Him living from the dead and fills all in all with His glory, majesty and power.

The last four verses describe Christ’s glorious resurrection.

His exultation to God's own right hand.

His supreme dominion over all things.

His being the head of the church, which is His body on earth.

Ephesians 2:1 And you hath he quickened, who were dead in trespasses and sins;

Quickened is “made alive” which is the resurrection of those spiritually dead to a new and holy life in Christ Jesus. Because of sin man is separated from God which is spiritual death. Trespasses are the breaking of known laws, we are not ignorant we have known better and freely chosen to sin. Sin is the corrupt state that leads to a constant willful sinful life.

Ephesians 2:2 Wherein in time past ye walked according to the course of this world, according to the prince of the power of the air, the spirit that now worketh in the children of disobedience:

The natural course of this world and events in life leads to our willful sinful life. Satan is the Prince of this world cf:

John 12:31-32 Now is the judgment of this world: now shall the prince of this world be cast out. And I, if I be lifted up from the earth, will draw all men unto me.

Worketh in Greek is en-erg-eh'o which is be mighty, show forth or supernatural energy. Satan broadcasts his sinful influence through the power of thought just like radio broadcasts. These sinful evil thoughts come upon us just as the air we breath. The Jews believed the air was the dwelling place of evil fallen angels. The prince of the power of the air inspires those who live in disobedience or who are un-persuadable.

Ephesians 2:3 Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind; and were by nature the children of wrath, even as others.

In the first 2 verses, the second person personal pronoun is used meaning the Ephesians but here the person is changed to first person. When Paul says: ye he
is talking about the gentiles and when he says we he is talking about Paul and his Jewish brethren. Both Gentile and Jewish Christians had previously been dead in trespasses and sins. Sin is called fleshly desires and also impulses of a sinful mind such as pride for an example. Gentiles were dead in trespasses and sins and Jews were by nature children of wrath even as the Gentiles. Both are brought into this state by walking (living) in sin not by birth or being born sinful as little children. By nature does not mean we are born that way, cf:

Romans 2:14 For when the Gentiles, which have not the law, do by nature the things contained in the law, these, having not the law, are a law unto themselves

The bible does not teach innate depravity. Little children are not born sinful cf:

Matthew 18:3 And said, Verily I say unto you, Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven.

Matthew 19:14 But Jesus said, Suffer little children, and forbid them not, to come unto me: for of such is the kingdom of heaven

Ephesians 2:4 But God, who is rich in mercy, for his great love wherewith he loved us,

Having shown both Jew & Gentile are spiritually dead, Paul declares a spiritual resurrection of the saints. This resurrection to a new life is due to God’s rich mercy and great love for us as children.

Ephesians 2:5 Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;) Just as He quickened (made alive) Christ and raised Him up, so He gave us spiritual life by the gospel and lifted us up to a new life. We are planted in the likeness of His death, burial and raised up in the likeness of resurrection cf:

Romans 6:3 Know ye not, that so many of us as were baptized into Jesus Christ were baptized into his death? Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life.

By grace are we saved and not by works of the law.
Ephesians 2:6 And hath raised us up together, and made us sit together in heavenly places in Christ Jesus: Buried into the death of Christ, we are risen up with Him cf:

Colossians 2:12 Buried with him in baptism, wherein also ye are risen with him through the faith of the operation of God, who hath raised him from the dead.

Risen as new creatures to walk with the risen Christ with our minds on heavenly things cf:

Colossians 3:1 If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God.

In our present state to have our minds above cf:

Colossians 3:2. Set your affection on things above, not on things on the earth.

Ephesians 2:7 That in the ages to come he might shew the exceeding riches of his grace in his kindness toward us through Christ Jesus.

Ages to come is all future time. In saving us, purifying us and blessing all of His adopted children.

Ephesians 2:8 For by grace are ye saved through faith; and that not of yourselves: it is the gift of God:

Lest they might forget the doctrine that he always preached, he reminds them that works of the law never saved them. They were saved by God’s grace shown in the gospel. The grammatical construction of the Greek does not allow us to make faith the subject of the clause. The definite article the, is found in the Greek before faith showing that the faith or the gospel is meant. It is not faith but rather salvation through the faith which is the gift of God.

Ephesians 2:9 Not of works, lest any man should boast.

This salvation is not due to works of the law or our own merit, therefore there are no grounds for our boasting.

Ephesians 2:10 For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.

It is God who has saved us as new creatures that He has made through the gospel. We are therefore His workmanship designed to henceforth abound in good
works. God has always ordained that all who believe the gospel and are saved should practice good works. God hath graciously quickened us, made us alive, saved us and made us new creatures and prepared us unto good works.

Ephesians 2:11 Wherefore remember, that ye being in time past Gentiles in the flesh, who are called Un-circumcision by that which is called the Circumcision in the flesh made by hands;

Remembrance of all that God hath done should awaken gratitude in our hearts and lives. There is a circumcision in the flesh, not made with hands but of the Spirit and heart cf:

Romans 2:28-29 For he is not a Jew, which is one outwardly; neither is that circumcision, which is outward in the flesh: But he is a Jew, which is one inwardly; and circumcision is that of the heart, in the spirit, and not in the letter; whose praise is not of men, but of God.

Ephesians 2:12 That at that time ye were without Christ, being aliens from the commonwealth of Israel, and strangers from the covenants of promise, having no hope, and without God in the world:

Without Christ is the past state of gentile Christians and describes a time in their past when they had no knowledge of Christ. Not being of the race of Abraham, who were in covenant relations with God. Strangers from the various covenants made with the patriarchs, which contained the promise of Christ. These promises of which they were ignorant and they therefore were not partakers of the hope. Having no hope in the promise of Christ and living without the knowledge of the true God.

Ephesians 2:13 But now in Christ Jesus ye who sometimes were far off are made nigh by the blood of Christ.

Once so far off and separated from God they have been brought nigh and the means that brought them is the blood of Christ.

Ephesians 2:14 For he is our peace, who hath made both one, and hath broken down the middle wall of partition between us;

The crucified Christ brought us nigh for He alone is our peace with God cf:
Romans 5:1 Therefore being justified by faith, we have peace with God through our Lord Jesus Christ:

Jesus is the creator of peace between Jew and Gentile and between alienated man and God. Jew and Gentile are one the old distinctions are destroyed in Christ. All are on the same footing before God. Jesus hath broken down or ended the Law of Moses which built up a wall between the Jews and Gentiles.

Ephesians 2:15 Having abolished in his flesh the enmity, even the law of commandments contained in ordinances; for to make in himself of twain one new man, so making peace;

While He was in the flesh the Law condemned Him and nailed Him to the cross and in so doing the law destroyed itself. The old covenant ended at the cross when the new covenant was dedicated by the blood of Christ cf:

Matthew 26:26-29 And as they were eating, Jesus took bread, and blessed it, and brake it, and gave it to the disciples, and said, Take, eat; this is my body. And he took the cup, and gave thanks, and gave it to them, saying, Drink ye all of it; For this is my blood of the new testament, which is shed for many for the remission of sins. But I say unto you, I will not drink henceforth of this fruit of the vine, until that day when I drink it new with you in my Father's kingdom

Ephesians 2:16 And that he might reconcile both unto God in one body by the cross, having slain the enmity thereby:

First the cross makes peace between Jew and Gentile and second the blood of the cross cleanses both before and makes peace between them and God. When the sinner fixes his mind on the bleeding savior the goodness of God leadeth him to repentance cf:

Romans 2:4 Or despisest thou the riches of his goodness and forbearance and longsuffering; not knowing that the goodness of God leadeth thee to repentance?

Ephesians 2:17 And came and preached peace to you which were afar off, and to them that were nigh.

The Gentiles were afar off and the Jews were nigh.

Ephesians 2:18 For through him we both have access by one Spirit unto the Father.
The spirit of adoption leads both to cry abba Father therefore both are brethren.

Ephesians 2:19 Now therefore ye are no more strangers and foreigners, but fellow citizens with the saints, and of the household of God;

Gentiles have been adopted and brought nigh and are fellow citizens of the Kingdom of God with all the saints.

Ephesians 2:20 And are built upon the foundation of the apostles and prophets, Jesus Christ himself being the chief corner stone;

All brethren are built into the Temple of God. God's word as declared by the Apostles and prophets is the foundation of their faith. The corner stone was a stone of double size at the corner which became part of both walls and joined them together. Jesus has joined Jew and Gentile in the Temple of God. He is the foundation stone upon which the building rests and the stone of union.

As the prophets taught cf:

Isaiah 28:16, Therefore thus saith the Lord GOD, Behold, I lay in Zion for a foundation a stone, a tried stone, a precious corner stone, a sure foundation: he that believeth shall not make haste.

Psalm 118:22-23 The stone which the builders refused is become the head stone of the corner. This is the LORD'S doing; it is marvellous in our eyes.

Matthew 21:42 –44 Jesus saith unto them, Did ye never read in the scriptures, The stone which the builders rejected, the same is become the head of the corner: this is the Lord's doing, and it is marvellous in our eyes? Therefore say I unto you, The kingdom of God shall be taken from you, and given to a nation bringing forth the fruits thereof. And whosoever shall fall on this stone shall be broken: but on whomsoever it shall fall, it will grind him to powder.

Acts 4:11-12 This is the stone which was set at nought of you builders, which is become the head of the corner. Neither is there salvation in any other: for there is none other name under heaven given among men, whereby we must be saved.

I Peter 2:7-8 Unto you therefore which believe he is precious: but unto them which be disobedient, the stone which the builders disallowed, the same is made the head of the corner, And a stone of stumbling, and a rock of offence, even to
them which stumble at the word, being disobedient: whereunto also they were appointed.

Isaiah 8:13-15 Sanctify the LORD of hosts himself; and let him be your fear, and let him be your dread. And he shall be for a sanctuary; but for a stone of stumbling and for a rock of offence to both the houses of Israel, for a gin and for a snare to the inhabitants of Jerusalem. And many among them shall stumble, and fall, and be broken, and be snared, and be taken.

Ephesians 2:21 In whom all the building fitly framed together groweth unto an holy temple in the Lord: In Christ Himself.

The several parts of the building are united in Him so as to form a Holy Temple.

That is all races Jew and Gentile are compacted into one Church.

Ephesians 2:22 In whom ye also are builded together for an habitation of God through the Spirit.

Originally in the Jewish Temple the Shekinah righteousness of God descended and dwelt in the Holy of Holies between the cherubim above the Ark of the covenant.

But now God by means of the Holy Spirit dwells in the spiritual temple in the hearts of all believers. This new temple is composed of living stones cf:

I Peter 2:5 Ye also, as lively stones, are builded up a spiritual house, an holy priesthood, to offer up spiritual sacrifices, acceptable to God by Jesus Christ. These living stones make up a Holy Priesthood which is to offer up Spiritual Sacrifices acceptable to God through Jesus Christ cf:

Romans 12:1-2 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good and perfect will of God.

Sources: KJV, theWord.com, B.W. Johnson, Clark and Coffman Commentaries