**4 17** Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. **18** They
 are darkened in their understanding,
 alienated from the life of God
 because of the ignorance that is in them,
 due to their hardness of heart. **19** They
 have become callous and
 have given themselves up to sensuality,
 greedy to practice every kind of impurity.

**20** But that is not the way you learned Christ!—
 **21** assuming that you have heard about him and were taught in him,
 as the truth is in Jesus,
 **22** to put off your old self,
 which belongs to your former manner of life and
 is corrupt through deceitful desires,
 **23** and to be renewed in the spirit of your minds,
 **24** and to put on the new self,
 created after the likeness of God in true righteousness and holiness.