**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.