



ST PAUL'S ANGLICAN CHURCH  
CANTERBURY

Readings and Psalms for  
Morning Prayer Services  
according to  
The Anglican Prayer book  
of Australia

26 July - 1 August 2021

# Monday

## Psalms 65; 70

### 65

- 1 You are to be praised, O God, in Zion:  
to you shall vows be paid, you that answer prayer.
- 2 To you shall all flesh come to confess their sins:  
when our misdeeds prevail against us,  
you will purge them away.
- 3 Blessed are those whom you choose and take to yourself  
to dwell within your courts:  
we shall be filled with the good things of your house,  
of your holy temple.
- 4 You will answer us in your righteousness  
with terrible deeds, O God our saviour:  
you that are the hope of all the ends of the earth  
and of the distant seas;
- 5 Who by your strength made fast the mountains:  
you that are girded with power;
- 6 Who stilled the raging of the seas,  
the roaring of the waves:  
and the tumult of the peoples.
- 7 Those who dwell at the ends of the earth  
are afraid at your wonders:  
the dawn and the evening sing your praises.
- 8 You tend the earth and water it:  
you make it rich and fertile.
- 9 The river of God is full of water:  
and so providing for the earth,  
you provide grain for us all.
- 10 You drench its furrows, you level the ridges between:  
you soften it with showers and bless its early growth.
- 11 You crown the year with your goodness:  
and the tracks where you have passed drip with fatness.
- 12 The pastures of the wilderness run over:  
and the hills are girded with joy.
- 13 The meadows are clothed with sheep:  
and the valleys stand so thick with corn,  
they shout for joy and sing.

### 70

- 1 O God, be pleased to deliver me:  
O Lord, make haste to help me.
- 2 Let them be put to shame and confounded  
who seek my life:  
let them be turned back and disgraced who wish me evil.
- 3 Let them turn away for shame:  
who say to me 'Aha, aha!'

- 4 Let all who seek you be joyful and glad because of you:  
let those who love your salvation  
say always 'God is great.'
- 5 As for me, I am poor and needy:  
O God, be swift to save me.
- 6 You are my helper and my deliverer:  
O Lord, make no delay.

### **John 8.31-47**

<sup>31</sup> Then Jesus said to the Jews who had believed in him, 'If you continue in my word, you are truly my disciples; <sup>32</sup> and you will know the truth, and the truth will make you free.' <sup>33</sup> They answered him, 'We are descendants of Abraham and have never been slaves to anyone. What do you mean by saying, "You will be made free"?' <sup>34</sup> Jesus answered them, 'Very truly, I tell you, everyone who commits sin is a slave to sin. <sup>35</sup> The slave does not have a permanent place in the household; the son has a place there for ever. <sup>36</sup> So if the Son makes you free, you will be free indeed. <sup>37</sup> I know that you are descendants of Abraham; yet you look for an opportunity to kill me, because there is no place in you for my word. <sup>38</sup> I declare what I have seen in the Father's presence; as for you, you should do what you have heard from the Father.' <sup>39</sup> They answered him, 'Abraham is our father.' Jesus said to them, 'If you were Abraham's children, you would be doing what Abraham did, <sup>40</sup> but now you are trying to kill me, a man who has told you the truth that I heard from God. This is not what Abraham did. <sup>41</sup> You are indeed doing what your father does.' They said to him, 'We are not illegitimate children; we have one father, God himself.' <sup>42</sup> Jesus said to them, 'If God were your Father, you would love me, for I came from God and now I am here. I did not come on my own, but he sent me. <sup>43</sup> Why do you not understand what I say? It is because you cannot accept my word. <sup>44</sup> You are from your father the devil, and you choose to do your father's desires. He was a murderer from the beginning and does not stand in the truth, because there is no truth in him. When he lies, he speaks according to his own nature, for he is a liar and the father of lies. <sup>45</sup> But because I tell the truth, you do not believe me. <sup>46</sup> Which of you convicts me of sin? If I tell the truth, why do you not believe me? <sup>47</sup> Whoever is from God hears the words of God. The reason you do not hear them is that you are not from God.'

## Tuesday

### Psalm 68.1-20

- 1 God shall arise, and his enemies shall be scattered:  
those that hate him shall flee before his face.
- 2 As smoke is dispersed, so shall they be dispersed:  
as wax melts before a fire,  
so shall the wicked perish at the presence of God.
- 3 But the righteous shall be glad and exult before God:  
they shall rejoice with gladness.
- 4 O sing to God, sing praises to his name:  
glorify him that rode through the deserts,  
him whose name is the Lord, and exult before him.
- 5 He is the father of the fatherless,  
he upholds the cause of the widow:  
God in his holy dwelling place.
- 6 He gives the desolate a home to dwell in,  
and brings the prisoners out into prosperity:  
but rebels must dwell in a barren land.
- 7 O God, when you went out before your people:  
when you marched through the wilderness,
- 8 The earth shook, the heavens poured down water:  
before the God of Sinai, before God, the God of Israel.
- 9 You showered down a generous rain, O God:  
you prepared the land of your possession  
when it was weary.
- 10 And there your people settled:  
in the place that your goodness, O God,  
had made ready for the poor.
- 11 The Lord spoke the word, and great was the company  
of those that carried the tidings:  
'Kings with their armies are fleeing, are fleeing away.
- 12 'Even the women at home may share in the spoil:  
and will you sit idly among the sheepfolds?
- 13 'There are images of doves  
whose wings are covered with silver:  
and their pinions with shining gold.'
- 14 When the Almighty scattered kings:  
they were like snow falling upon Mount Zalmon.
- 15 Can the mountain of Bashan be a mountain of God:  
the mountain of Bashan, that mountain of many peaks?
- 16 O mountains of many peaks, why look so enviously:  
at the mountain where God is pleased to dwell,  
where the Lord will remain for ever?
- 17 The chariots of God are twice ten thousand,  
and thousands upon thousands:  
the Lord came from Sinai into his holy place.
- 18 When you ascended the heights,  
you led the enemy captive,  
you received tribute from the peoples:  
but rebels shall not dwell in the presence of God.

- 19 Blessed be the Lord day by day,  
who bears us as his burden:  
he is the God of our deliverance.
- 20 God is to us a God who saves:  
by God the Lord do we escape death.

### **John 8.48-59**

<sup>48</sup> The Jews answered him, 'Are we not right in saying that you are a Samaritan and have a demon?' <sup>49</sup> Jesus answered, 'I do not have a demon; but I honour my Father, and you dishonour me. <sup>50</sup> Yet I do not seek my own glory; there is one who seeks it and he is the judge. <sup>51</sup> Very truly, I tell you, whoever keeps my word will never see death.' <sup>52</sup> The Jews said to him, 'Now we know that you have a demon. Abraham died, and so did the prophets; yet you say, "Whoever keeps my word will never taste death." <sup>53</sup> Are you greater than our father Abraham, who died? The prophets also died. Who do you claim to be?' <sup>54</sup> Jesus answered, 'If I glorify myself, my glory is nothing. It is my Father who glorifies me, he of whom you say, "He is our God", <sup>55</sup> though you do not know him. But I know him; if I were to say that I do not know him, I would be a liar like you. But I do know him and I keep his word. <sup>56</sup> Your ancestor Abraham rejoiced that he would see my day; he saw it and was glad.' <sup>57</sup> Then the Jews said to him, 'You are not yet fifty years old, and have you seen Abraham?' <sup>58</sup> Jesus said to them, 'Very truly, I tell you, before Abraham was, I am.' <sup>59</sup> So they picked up stones to throw at him, but Jesus hid himself and went out of the temple.

## Wednesday

### Psalm 71

- 1 To you, Lord, have I come for shelter:  
let me never be put to shame.
- 2 In your righteousness rescue and deliver me:  
incline your ear to me and save me.
- 3 Be for me a rock of refuge, a fortress to defend me:  
for you are my high rock, and my stronghold.
- 4 Rescue me, O my God, from the hand of the wicked:  
from the grasp of the pitiless and unjust.
- 5 For you, Lord, are my hope:  
you are my confidence, O God, from my youth upward.
- 6 On you have I leaned since my birth:  
you are he that brought me out of my mother's womb,  
and my praise is of you continually.
- 7 I have become as a fearful warning to many:  
but you are my strength and my refuge.
- 8 My mouth shall be filled with your praises:  
I shall sing of your glory all the day long.
- 9 Cast me not away in the time of old age:  
nor forsake me when my strength fails.
- 10 For my enemies speak against me:  
and those that watch for my life conspire together, saying,
- 11 'God has forsaken him:  
pursue him, take him, for there is none to save him.'
- 12 Be not far from me, O God:  
my God, make haste to help me.
- 13 Let my adversaries be confounded and put to shame:  
let those who seek my hurt  
be covered with scorn and disgrace.
- 14 As for me, I will wait in hope continually:  
and I will praise you more and more.
- 15 My mouth shall speak of your righteousness all the day:  
and tell of your salvation, though it exceeds my telling.
- 16 I will begin with the mighty acts of the Lord my God:  
and declare your righteous dealing—yours alone.
- 17 O God, you have taught me from my youth upward:  
and to this day, I proclaim your marvellous works.
- 18 Forsake me not, O God, in my old age,  
when I am grey-headed:  
till I have shown the strength of your arm  
to future generations,  
and your might to those that come after.
- 19 Your righteousness, O God, reaches to the heavens:  
great are the things that you have done;  
O God, who is like you?
- 20 You have burdened me with many and bitter troubles,  
O turn and renew me:  
and raise me up again from the depths of the earth.

- 21 Bless me beyond my former greatness:  
    O turn to me again, and comfort me.
- 22 Then will I praise you upon the lute  
for your faithfulness, O my God:  
    and sing your praises to the harp, O Holy One of Israel.
- 23 My lips shall rejoice in my singing:  
    and my soul also, for you have ransomed me.
- 24 My tongue shall speak of your righteous dealing  
all the day long:  
    for they shall be put to shame and disgraced  
    that seek to do me evil.

### **John 9.1-17**

<sup>1</sup> As he walked along, he saw a man blind from birth. <sup>2</sup> His disciples asked him, 'Rabbi, who sinned, this man or his parents, that he was born blind?' <sup>3</sup> Jesus answered, 'Neither this man nor his parents sinned; he was born blind so that God's works might be revealed in him. <sup>4</sup> We must work the works of him who sent me while it is day; night is coming when no one can work. <sup>5</sup> As long as I am in the world, I am the light of the world.' <sup>6</sup> When he had said this, he spat on the ground and made mud with the saliva and spread the mud on the man's eyes, <sup>7</sup> saying to him, 'Go, wash in the pool of Siloam' (which means Sent). Then he went and washed and came back able to see. <sup>8</sup> The neighbours and those who had seen him before as a beggar began to ask, 'Is this not the man who used to sit and beg?' <sup>9</sup> Some were saying, 'It is he.' Others were saying, 'No, but it is someone like him.' He kept saying, 'I am the man.' <sup>10</sup> But they kept asking him, 'Then how were your eyes opened?' <sup>11</sup> He answered, 'The man called Jesus made mud, spread it on my eyes, and said to me, "Go to Siloam and wash." Then I went and washed and received my sight.' <sup>12</sup> They said to him, 'Where is he?' He said, 'I do not know.' <sup>13</sup> They brought to the Pharisees the man who had formerly been blind. <sup>14</sup> Now it was a sabbath day when Jesus made the mud and opened his eyes. <sup>15</sup> Then the Pharisees also began to ask him how he had received his sight. He said to them, 'He put mud on my eyes. Then I washed, and now I see.' <sup>16</sup> Some of the Pharisees said, 'This man is not from God, for he does not observe the sabbath.' But others said, 'How can a man who is a sinner perform such signs?' And they were divided. <sup>17</sup> So they said again to the blind man, 'What do you say about him? It was your eyes he opened.' He said, 'He is a prophet.'

## Thursday

Psalm 69.1-16

1 Save me, O God:

for the waters have come up even to my throat.

2 I sink in the deep mire where no footing is:

I have come into deep waters  
and the flood sweeps over me.

3 I am weary with crying out, my throat is parched:  
my eyes fail with watching so long for my God.

4 Those that hate me without cause  
are more in number than the hairs of my head:

those that would destroy me are many,  
they oppose me wrongfully—  
for I must restore things that I never took.

5 O God, you know my foolishness:  
and my sins are not hidden from you.

6 Let not those who wait for you  
be shamed because of me, O Lord God of hosts:

let not those who seek you  
be disgraced on my account, O God of Israel.

7 For your sake have I suffered reproach:  
and shame has covered my face.

8 I have become a stranger to my family:  
an alien to my own mother's children.

9 Zeal for your house has eaten me up:  
and the taunts of those who taunt you have fallen on me.

10 I afflicted myself with fasting:  
and that was turned to my reproach.

11 I made sackcloth my clothing:  
and I became a byword to them.

12 Those who sit in the gate talk of me:  
and the drunkards make songs about me.

13 But to you, Lord, I make my prayer:  
at an acceptable time.

14 Answer me, O God, in your abundant goodness:  
and with your sure deliverance.

15 Bring me out of the mire, so that I may not sink:  
let me be delivered from my enemies,  
and from the deep waters.

16 Let not the flood overwhelm me  
or the depths swallow me up:  
let not the Pit shut its mouth upon me.



## John 9.18-38

<sup>18</sup> The Jews did not believe that he had been blind and had received his sight until they called the parents of the man who had received his sight <sup>19</sup> and asked them, 'Is this your son, who you say was born blind? How then does he now see?' <sup>20</sup> His parents answered, 'We know that this is our son, and that he was born blind; <sup>21</sup> but we do not know how it is that now he sees, nor do we know who opened his eyes. Ask him; he is of age. He will speak for himself.' <sup>22</sup> His parents said this because they were afraid of the Jews; for the Jews had already agreed that anyone who confessed Jesus to be the Messiah would be put out of the synagogue. <sup>23</sup> Therefore his parents said, 'He is of age; ask him.' <sup>24</sup> So for the second time they called the man who had been blind, and they said to him, 'Give glory to God! We know that this man is a sinner.' <sup>25</sup> He answered, 'I do not know whether he is a sinner. One thing I do know, that though I was blind, now I see.' <sup>26</sup> They said to him, 'What did he do to you? How did he open your eyes?' <sup>27</sup> He answered them, 'I have told you already, and you would not listen. Why do you want to hear it again? Do you also want to become his disciples?' <sup>28</sup> Then they reviled him, saying, 'You are his disciple, but we are disciples of Moses. <sup>29</sup> We know that God has spoken to Moses, but as for this man, we do not know where he comes from.' <sup>30</sup> The man answered, 'Here is an astonishing thing! You do not know where he comes from, and yet he opened my eyes. <sup>31</sup> We know that God does not listen to sinners, but he does listen to one who worships him and obeys his will. <sup>32</sup> Never since the world began has it been heard that anyone opened the eyes of a person born blind. <sup>33</sup> If this man were not from God, he could do nothing.' <sup>34</sup> They answered him, 'You were born entirely in sins, and are you trying to teach us?' And they drove him out. <sup>35</sup> Jesus heard that they had driven him out, and when he found him, he said, 'Do you believe in the Son of Man?' <sup>36</sup> He answered, 'And who is he, sir? Tell me, so that I may believe in him.' <sup>37</sup> Jesus said to him, 'You have seen him, and the one speaking with you is he.' <sup>38</sup> He said, 'Lord, I believe.' And he worshipped him.

# Friday

## Psalm 72

- 1 Give the king your judgement, O God:  
and your righteousness to the son of a king,
- 2 That he may judge your people rightly:  
and the poor of the land with equity.
- 3 Let the mountains be laden with peace  
because of his righteousness:  
and the hills also with prosperity for his people.
- 4 May he give justice to the poor among the people:  
and rescue the children of the needy,  
and crush the oppressor.
- 5 May he live while the sun endures:  
and while the moon gives light,  
throughout all generations.
- 6 May he come down like rain upon the new-mown fields:  
and as showers that water the earth.
- 7 In his time shall righteousness flourish:  
and abundance of peace, till the moon shall be no more.
- 8 His dominion shall stretch from sea to sea:  
from the Great River to the ends of the earth.
- 9 His adversaries shall bow down before him:  
and his enemies shall lick the dust.
- 10 The kings of Tarshish and of the isles  
shall bring tribute:  
the kings of Sheba and Seba shall offer gifts.
- 11 All kings shall fall down before him:  
and all nations do him service.
- 12 He will deliver the needy when they cry:  
and the poor that have no helper.
- 13 He will pity the helpless and the needy:  
and save the lives of the poor.
- 14 He will redeem them from oppression and violence:  
and their blood shall be precious in his sight.
- 15 Long may he live, and be given of the gold of Sheba:  
may prayer be made for him continually,  
may they bless him every day.
- 16 Let there be abundance of wheat in the land:  
let it flourish on the tops of the mountains;
- 17 Let its ears grow fat like the grain of Lebanon:  
and its sheaves thicken like the grass of the field.
- 18 Let his name live for ever:  
and endure as long as the sun.
- 19 Let all peoples use his name in blessing:  
and all nations call him blessed.
- 20 Blessed be the Lord God, the God of Israel:  
who alone does great wonders.
- 21 Blessed be his glorious name for ever:  
and let the whole earth be filled with his glory.  
Amen, Amen.

## John 9.39-10.18

<sup>9.39</sup> Jesus said, 'I came into this world for judgement so that those who do not see may see, and those who do see may become blind.'<sup>40</sup> Some of the Pharisees near him heard this and said to him, 'Surely we are not blind, are we?'<sup>41</sup> Jesus said to them, 'If you were blind, you would not have sin. But now that you say, "We see", your sin remains.'<sup>10.1</sup> 'Very truly, I tell you, anyone who does not enter the sheepfold by the gate but climbs in by another way is a thief and a bandit.'<sup>2</sup> The one who enters by the gate is the shepherd of the sheep.'<sup>3</sup> The gatekeeper opens the gate for him, and the sheep hear his voice. He calls his own sheep by name and leads them out.'<sup>4</sup> When he has brought out all his own, he goes ahead of them, and the sheep follow him because they know his voice.'<sup>5</sup> They will not follow a stranger, but they will run from him because they do not know the voice of strangers.'<sup>6</sup> Jesus used this figure of speech with them, but they did not understand what he was saying to them.'<sup>7</sup> So again Jesus said to them, 'Very truly, I tell you, I am the gate for the sheep.'<sup>8</sup> All who came before me are thieves and bandits; but the sheep did not listen to them.'<sup>9</sup> I am the gate. Whoever enters by me will be saved, and will come in and go out and find pasture.'<sup>10</sup> The thief comes only to steal and kill and destroy. I came that they may have life, and have it abundantly.'<sup>11</sup> 'I am the good shepherd. The good shepherd lays down his life for the sheep.'<sup>12</sup> The hired hand, who is not the shepherd and does not own the sheep, sees the wolf coming and leaves the sheep and runs away—and the wolf snatches them and scatters them.'<sup>13</sup> The hired hand runs away because a hired hand does not care for the sheep.'<sup>14</sup> I am the good shepherd. I know my own and my own know me,<sup>15</sup> just as the Father knows me and I know the Father. And I lay down my life for the sheep.'<sup>16</sup> I have other sheep that do not belong to this fold. I must bring them also, and they will listen to my voice. So there will be one flock, one shepherd.'<sup>17</sup> For this reason the Father loves me, because I lay down my life in order to take it up again.'<sup>18</sup> No one takes it from me, but I lay it down of my own accord. I have power to lay it down, and I have power to take it up again. I have received this command from my Father.'

## Saturday

### Psalms 148; 149

#### 148

- 1 Praise the Lord, praise the Lord from heaven:  
O praise him in the heights.
- 2 Praise him, all his angels:  
O praise him, all his host.
- 3 Praise him, sun and moon:  
praise him, all you stars of light.
- 4 Praise him, you highest heaven:  
and you waters that are above the heavens.
- 5 Let them praise the name of the Lord:  
for he commanded and they were made.
- 6 He established them for ever and ever:  
he made an ordinance which shall not pass away.
- 7 O praise the Lord from the earth:  
praise him, you sea-monsters and all deeps;
- 8 Fire and hail, mist and snow:  
and storm-wind fulfilling his command;
- 9 Mountains and all hills:  
fruit trees and all cedars;
- 10 Beasts of the wild, and all cattle:  
creeping things and winged birds;
- 11 Kings of the earth, and all peoples:  
princes, and all rulers of the world;
- 12 Young men and maidens:  
old folk and children together.
- 13 Let them praise the name of the Lord:  
for his name alone is exalted.
- 14 His glory is above earth and heaven:  
and he has lifted high the horn of his people.
- 15 Therefore he is the praise of all his servants:  
of the children of Israel, a people that is near him. Praise the Lord.

#### 149

- 1 O praise the Lord, and sing to the Lord a new song:  
O praise him in the assembly of the faithful.
- 2 Let Israel rejoice in him that made him:  
let the children of Zion be joyful in their king.
- 3 Let them praise him in the dance:  
let them sing his praise with timbrel and with harp.
- 4 For the Lord takes delight in his people:  
he adorns the meek with his salvation.
- 5 Let his faithful ones exult in his glory:  
let them sing for joy upon their beds.
- 6 Let the high praises of God be in their mouths:  
and a two-edged sword in their hands,
- 7 To execute vengeance on the nations:  
and chastisement upon the peoples,

- 8 To bind their kings in chains:  
and their nobles with fetters of iron,  
9 To visit upon them the judgement that is decreed:  
such honour belongs to all his faithful servants.  
Praise the Lord.

### **John 10.19-39**

<sup>19</sup> Again the Jews were divided because of these words. <sup>20</sup> Many of them were saying, 'He has a demon and is out of his mind. Why listen to him?' <sup>21</sup> Others were saying, 'These are not the words of one who has a demon. Can a demon open the eyes of the blind?' <sup>22</sup> At that time the festival of the Dedication took place in Jerusalem. It was winter, <sup>23</sup> and Jesus was walking in the temple, in the portico of Solomon. <sup>24</sup> So the Jews gathered around him and said to him, 'How long will you keep us in suspense? If you are the Messiah, tell us plainly.' <sup>25</sup> Jesus answered, 'I have told you, and you do not believe. The works that I do in my Father's name testify to me; <sup>26</sup> but you do not believe, because you do not belong to my sheep. <sup>27</sup> My sheep hear my voice. I know them, and they follow me. <sup>28</sup> I give them eternal life, and they will never perish. No one will snatch them out of my hand. <sup>29</sup> What my Father has given me is greater than all else, and no one can snatch it out of the Father's hand. <sup>30</sup> The Father and I are one.' <sup>31</sup> The Jews took up stones again to stone him. <sup>32</sup> Jesus replied, 'I have shown you many good works from the Father. For which of these are you going to stone me?' <sup>33</sup> The Jews answered, 'It is not for a good work that we are going to stone you, but for blasphemy, because you, though only a human being, are making yourself God.' <sup>34</sup> Jesus answered, 'Is it not written in your law, "I said, you are gods"? <sup>35</sup> If those to whom the word of God came were called "gods"—and the scripture cannot be annulled— <sup>36</sup> can you say that the one whom the Father has sanctified and sent into the world is blaspheming because I said, "I am God's Son"? <sup>37</sup> If I am not doing the works of my Father, then do not believe me. <sup>38</sup> But if I do them, even though you do not believe me, believe the works, so that you may know and understand that the Father is in me and I am in the Father.' <sup>39</sup> Then they tried to arrest him again, but he escaped from their hands.

## Sunday

### Psalm 78.15-30

- 15 He brought streams out of the rock:  
and caused the waters to flow down like rivers.
- 16 But for all this they sinned yet more against him:  
and rebelled against the Most High in the desert.
- 17 They wilfully put God to the test:  
and demanded food for their appetite.
- 18 They spoke against God, and said:  
'Can God prepare a table in the wilderness?
- 19 'He indeed struck the rock,  
so that the waters gushed and the streams overflowed:  
but can he also give bread,  
or provide meat for his people?'
- 20 When the Lord heard it he was angry,  
and a fire was kindled against Jacob:  
his wrath blazed against Israel.
- 21 For they put no trust in God:  
nor would they believe his power to save.
- 22 Then he commanded the clouds above:  
and opened the doors of heaven.
- 23 He rained down manna for them to eat:  
and gave them the grain of heaven.
- 24 So they ate the bread of angels:  
and he sent them food in abundance.
- 25 He stirred up the south east wind in the heavens:  
and guided it by his power.
- 26 He rained down meat upon them thick as dust:  
and winged birds like the sands of the sea.
- 27 He made them fall into the midst of their camp:  
and all about their tents.
- 28 So they ate and were well-filled:  
for he had given them what they desired.
- 29 But before they had satisfied their craving:  
while the food was still in their mouths,
- 30 The anger of God blazed up against them:  
and he slew their strongest men,  
and laid low the youth of Israel.

## **Ephesians 4.17-24**

<sup>17</sup> Now this I affirm and insist on in the Lord: you must no longer live as the Gentiles live, in the futility of their minds. <sup>18</sup> They are darkened in their understanding, alienated from the life of God because of their ignorance and hardness of heart. <sup>19</sup> They have lost all sensitivity and have abandoned themselves to licentiousness, greedy to practise every kind of impurity. <sup>20</sup> That is not the way you learned Christ! <sup>21</sup> For surely you have heard about him and were taught in him, as truth is in Jesus. <sup>22</sup> You were taught to put away your former way of life, your old self, corrupt and deluded by its lusts, <sup>23</sup> and to be renewed in the spirit of your minds, <sup>24</sup> and to clothe yourselves with the new self, created according to the likeness of God in true righteousness and holiness.

