

## **Mark 7:1-8, 14-15, 21-23**

<sup>1</sup> The Pharisees and some of the teachers of the law who had come from Jerusalem gathered around Jesus <sup>2</sup> and saw some of his disciples eating food with hands that were defiled, that is, unwashed.

<sup>3</sup> (The Pharisees and all the Jews do not eat unless they give their hands a ceremonial washing, holding to the tradition of the elders. <sup>4</sup> When they come from the marketplace they do not eat unless they wash. And they observe many other traditions, such as the washing of cups, pitchers and kettles.) <sup>5</sup> So the Pharisees and teachers of the law asked Jesus, "Why don't your disciples live according to the tradition of the elders instead of eating their food with defiled hands?" <sup>6</sup> He replied, "Isaiah was right when he prophesied about you hypocrites; as it is written: "'These people honor me with their lips, but their hearts are far from me. <sup>7</sup> They worship me in vain; their teachings are merely human rules.' <sup>8</sup> You have let go of the commands of God and are holding on to human traditions."

<sup>14</sup> Again Jesus called the crowd to him and said, "Listen to me, everyone, and understand this.

<sup>15</sup> Nothing outside a person can defile them by going into them. Rather, it is what comes out of a person that defiles them." <sup>21</sup> For it is from within, out of a person's heart, that evil thoughts come—sexual immorality, theft, murder, <sup>22</sup> adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. <sup>23</sup> All these evils come from inside and defile a person."

The following questions are for personal and or group reflection.

1. Observation for reflection- What word or phrase is the Spirit prompting in my heart? What word or phrase says, "I am for you today"?
2. Interpretation- What does the word or phrase mean that the Spirit is giving me?
3. Application- What is the word or phrase calling me to be or to do?