

Series: Goodnews
Passage: Mark 7:14-23
Sunday: October 4, 2026

Mark 7:14-23 (ESV)

¹⁴ And he called the people to him again and said to them, "Hear me, all of you, and understand: ¹⁵ There is nothing outside a person that by going into him can defile him, but the things that come out of a person are what defile him." ¹⁷ And when he had entered the house and left the people, his disciples asked him about the parable. ¹⁸ And he said to them, "Then are you also without understanding? Do you not see that whatever goes into a person from outside cannot defile him, ¹⁹ since it enters not his heart but his stomach, and is expelled?" (Thus he declared all foods clean.) ²⁰ And he said, "What comes out of a person is what defiles him. ²¹ For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, ²² coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. ²³ All these evil things come from within, and they defile a person."

1. What is a rule or tradition from your childhood that felt very important then, but seems silly or less important now?
2. What is the main contrast between what goes into a person versus what comes out of a person (vs 14-15)?
3. What difference is Jesus pointing out in verse 19 between the heart and the stomach?

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4. Mark includes an additional note at the end of verse 19, saying “Thus he declared all foods clean.” Why is this a monumental shift for a Jewish reader?

5. Look at the list that Jesus mentions in verses 21-22. How would you group or categorize these behaviors? What is the source for all of these sins?

6. Jesus seems to shift the focus from external rules to internal holiness or purity. In the church today, how do we ignore the condition of our hearts while focusing on external traditions?

7. How can we actively work on purifying our intentions and motivations to reflect the values of the Kingdom of God in our daily lives?