

Mark 7:14-23 – Jesus Gives A New Heart

Leader's Guide

May 12, 2019

1. Read Mark 7:14-23 to familiarize yourself with the passage.

What Defiles a Person

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.”

2. How does Jesus make his point that holiness is a matter of the heart? Why can't food defile or cleanse us?

- He tells us food is not what defiles us. The Jews were originally told to stay away from many foods, such as shell fish, for ritual purity. Jesus tells us that food does not produce filthiness in the heart.
- Food can't defile or cleanse us because it goes into the mouth and out of the body. It never enters the heart, which is the source of our sin.

3. What part of the law did Jesus set aside? What part of the law did Jesus recover?

- Jesus set aside all the ceremonial aspects of the law. He set aside all the food relations, the ritual washings, he also set aside the entire sacrificial system of the temple according to the book of Hebrews. His life, death, and resurrection replaced everything.
- Jesus recovered the heart of the law. The heart of the law is that God cares about the heart. The external rituals only pointed to inward cleansing of the heart.

4. What is the difference between shallow apologies and repentance from the heart?

- Shallow apologies are in word only. They are on the surface. Repentance from the heart comes with genuine repentance, confession of sin, and a willingness to change behavior.

5. Read Galatians 5:16-26. After God gives us a new heart, we have a responsibility to walk in step with the Spirit of God in our heart. What do these verses teach us about how to walk in step with the Spirit of God in everyday life?

But I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. But if you are led by the Spirit, you are not under the law. Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also keep in step with the Spirit. Let us not become conceited, provoking one another, envying one another. Galatians 5:16-26 (ESV)

- Seeking to gratify our sinful desires will get us out of step with the Spirit of God.
- We must realize there is always going to be a battle in us where our sinful desires will try to pull us away.
- When we find ourselves living with sexual immorality, dissensions, or any of the rest of these fleshly sinful qualities, we are to repent and seek forgiveness.
- We are to turn to Christ in prayer, repentance, Bible reading, and Christian fellowship. The Spirit of God will bring the fruit of the Spirit out of our life.
- We have to consciously crucify our sinful desires.

6. When God gives us a new heart, some of the things our new heart will want to do includes worshipping, praying, and obeying God. In the following verses, identify if they say the Spirit of God causes us to worship, pray, or obey (Galatians 4:6, Psalm 9:1, Ephesians 5:18-19, Romans 8:26-27, Romans 6:17).

And because you are sons, God has sent the Spirit of his Son into our hearts, crying, "Abba! Father!" Galatians 4:6 (ESV)

- All three - worshipping, praying, and obeying.

I will give thanks to the Lord with my whole heart; I will recount all of your wonderful deeds. Psalm 9:1 (ESV)

- Worship

And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, Ephesians 5:18-19 (ESV)

- Worship

Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. Romans 8:26-27 (ESV)

- Prayer

But thanks be to God, that you who were once slaves of sin have become obedient from the heart to the standard of teaching to which you were committed, Romans 6:17 (ESV)

- Obedience