

Evil begins in the heart

Mark 7:14-23

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

According to Jesus, what truly defiles a person, and where does it come from?

2. What does it show me about people — and about myself?

Which of the things Jesus lists do you recognize hiding in your own heart?

3. What will I obey this week? (a concrete step, with a day)

What hidden thing will you bring into the light this week by telling the truth about it to God and to a trusted person?

4. Who will I tell?

Who could you talk with about why God cares more about the heart than about appearances?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Lord, you see what is in my heart even when my outside looks clean. Wash me from the inside out and make my hidden life pure.



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