

Mark 7 — What truly defiles

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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, where does defilement really come from, and how is that different from what the Pharisees taught?

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

Jesus warns about honoring God with lips while hearts are far away. Where has your faith drifted toward tradition without heart?

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

What comes 'out of your heart' this week that you will name before God and turn from?

4. Who will I tell?

The Syrophoenician woman was an outsider who received. Who do you quietly assume is outside Jesus' reach — and how could you bring them near?

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

Father, you look past washed hands to the heart. Clean me from the inside out, and give me the persistent faith of the mother who would not be turned away.



This study online

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