

Out of Your Heart

Mark 7:1-23

by Don Falkos

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Some Pharisees and experts in the Law came from Jerusalem to see Jesus. They noticed some of his disciples were eating without having performed a particular Jewish hand-washing ritual. They asked Jesus, "Why don't your disciples follow our age-old traditions? They are eating with unclean hands."

Jesus replied, "You hypocrites! Isaiah was right when he said, 'These people honor me with their lips, but their hearts are far from me. Their worship is a farce; their teachings are merely human rules.' You ignore the Law of God in order to follow your own traditions."

"Moses said, 'Honor your father and mother.' But you say it's perfectly all right for someone to tell their parents, 'Whatever help I may have given you I have given to God instead.' And so you cancel out the word of God in order to follow your own traditions."

Then Jesus spoke to the crowd. "It's not what goes into your body that makes you 'unclean'. You are defiled by what comes from your heart."

Later, his disciples asked him what he meant. He said, "Don't you understand? The food you eat passes through your stomach and out of your body. It can't defile you because it never touches your heart." By saying this, Jesus declared all foods acceptable in God's eyes.

He went on, "From within, out of your heart, come evil thoughts, sexual immorality, theft, murder, adultery, greed, wickedness, deceit, lust, envy, slander, pride, and foolishness. All these vile things come from within; they are what defile you."