Student's Name: _____

Sermon Notes for March 15th, 2026
"Lessons from Jesus"
"That Which Defiles"

Sermon text: **Mark 7:14-23;** Old Testament Text: **Psalm 138:1-8;** New Testament Text: **Romans 14:13-19.**

Read **Mark 7:14-23 (below)** as you listen to the sermon, then answer the questions below.

Mark 7:14-23: 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." 16 If anyone has ears to hear, let him hear. 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. Read **Mark 7:14-15.** What teachings of the Pharisees and teachers of the law is Jesus speaking against in this passage?

2. Read **Mark 7:16.** What is Jesus saying in this verse?

3. Read **Mark 7:17.** Why do you think Jesus's disciples had trouble understanding what He was saying in **v. 15?**

4. Read **Mark 7:18-19.** Why would the Jewish religious leaders have at least two objections to what Jesus taught in this passage?

5. Read **Mark 7:20-21.** What does Jesus say defiles a person?

6. Why is that so much more difficult to judge than what the religious leaders claimed caused defilement?

7. How can we judge the condition of a person's heart?

8. Is there anything inherently sinful about the religious leaders' concerns over the cleanliness of people's hands?

9. What has their preoccupation with the cleanliness of the body caused the religious leaders to forget?

10. Read **Mark 7:23.** After reading about the things that defile us, how clean do you consider your heart?

11. What will you remember most from this talk?