

SERMON NOTES

TELL ME ABOUT HIS AUTHORITY OVER DEFILEMENT

Mark 7:14-23



BIG IDEA: True purity is not about external rituals or diets, but about what comes out of your heart—and only Jesus can cleanse the heart.

APPLICATION GUIDE

OCTOBER 5, 2025

DISCUSS

We live in a culture obsessed with “-free” products (gluten-free, dairy-free, sugar-free, etc.). How does our focus on external health reflect the deeper human desire to be “clean”?

What shocked the people in Jesus’ day about his statement in verse 15?

Why would this have been difficult even for the disciples to understand (vv. 17-19)?

According to Jesus, what is the real source of defilement in a person’s life (vv. 20-23)? Explain why.

How does Jesus’ teaching fit with God’s promises in passages like Jeremiah 31:31-34 and Ezekiel 36:26-27?

APPLY

Where are you most tempted to measure your purity or standing with God by external things (church attendance, routines, spiritual traditions, food and drink) rather than the condition of your heart?

When you examine your life, what sins or struggles tend to surface most often? Think about both your thought life (what occupies your mind), your attitudes (what you desire or feel entitled to), and your actions (how you speak and behave). How do these show that the heart is the true source of defilement?

Where have you recently been blaming circumstances, stress, or other people for your sin, instead of taking Jesus’ diagnosis seriously: “Out of the heart”?

How does it bring you comfort that the same Jesus who exposes the corruption of your heart is also the one who cleanses your heart? How do the promises of the gospel speak to your heart issues?

COMMIT

This week, when you feel tempted to hide behind outward appearances or to blame circumstances for your sin, stop and pray: *“Lord Jesus, cleanse my heart. I surrender all to you.”*

Further Study

- Acts 10:9-15 – How does Peter’s vision of clean and unclean animals confirm what Jesus declared in Mark 7:19? What does this teach us about God’s plan for Jew and Gentile alike?
- Colossians 2:16-23 – Why should Christians not let others judge them by food laws or rituals? How does Paul explain the difference between Old Testament shadows and the reality found in Christ?