

**The Heart of the Human Problem**  
**Mark 7:14-23**  
June 13, 2021

**1. The truth about what defiles a person**

**2. The significance of this truth**

**a.) The heart is what we should be concerned about**

**b.) Sin is the result not of our environment, but of the evil in our hearts**

**c.) The heart is what needs to be cleansed**

**d.) Repentance and sanctification must occur at the level of the heart**

**e.) The heart must be guarded and filled with the things of God**

*Next week: Mark 7:24-30*

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## Discussion Questions

The following questions are designed to be used by parents in discussing the sermon with their children, but can be used by anyone in discussing the sermon with others:

1. What stood out to you in this sermon? Why?
2. Under the Old Covenant, what were some things that made a person unclean? What did being unclean prevent a person from doing? What was Israel to learn from this?
3. What truly defiles a person? What does it mean to truly be defiled?
4. Why does Jesus list evil thoughts first among the things that defile a person?
5. The Pharisees thought a person's hands need to be cleansed. What truly needs to be cleansed? How can this be cleansed? What is a verse that teaches this?

### Going Deeper:

These questions are designed for the believer to use in prayer with his/her Lord, and in discussion with brothers and sisters in the Lord:

1. How did this sermon challenge your thinking, or grow your understanding?
2. What is the heart?
3. Can you give an example of a time when you considered your sin to have resulted from your environment/circumstances, rather than acknowledging the truth that your sin came from your heart? Has your mind been changed about this?
4. What sorts of things have been coming out of your heart this past week?
5. What does it mean for repentance to occur at the level of the heart?
6. In sanctification, why is "trying harder" ineffectual?
7. How does biblical sanctification compare to the Pharisees' view of sanctification? Think especially of the matters in Mark 7:1-23. How does your day-to-day approach to sanctification compare to biblical sanctification?
8. What have you been filling your heart with this past week? Do you see any correlation between what has been going into your heart and what has been coming out of it?
9. What are some practical ways that the believer can guard his heart (Prov 4:23)?
10. Does this passage encourage or discourage you? Explain. Where is our hope found?