



This guide is an invitation to follow Jesus with greater purpose and hope. It will help you to explore the scriptures and challenge you to live out your faith. Each week we'd love for you to think about how you relate: **Up** (with God), **In** (with church) and **Out** (with neighbors).

Weekly Questions:

- How is God getting my attention? For help, think about these areas:
- How are you living up with God?
- How are you living in community with other followers of Jesus?
- How are you living out on mission with your neighbors?
- What are you going to do about it?

Devalued: Inhospitable

Read Mark 7:1-20

- The Pharisees accuse Jesus' disciples of not following the tradition of the elders by eating with "defiled" hands. Jesus seems to differentiate between external rituals vs. internal heart change. How do you see this tension between external rules and internal transformation playing out in your own life or in your community?
- Jesus quotes Isaiah, saying, "These people honor me with their lips, but their hearts are far from me." In what ways might we be guilty of "lip service" to God without our hearts being fully engaged?
- Jesus says that it is not what goes into a person from the outside that defiles them, but what comes from the inside (Mark 7:15). He points to "evil thoughts, sexual immorality, theft, murder," etc., as the true sources of defilement. Why do we so often focus on external behaviors and rules rather than the condition of our hearts?
- Hypocrisy as a key issue in this passage. Where have you seen hypocrisy (in yourself or in others) hinder the mission of God? How can we cultivate authenticity and integrity in our faith?
Jesus says that the Pharisees have "let go of the commands of God and are holding on to human traditions." What are some "human traditions" or cultural expectations that may have become more important than God's commands in our lives or our churches?
- "Where do you need to drop the hypocrisy to grow in love?" In what area of your life do you feel this question is most applicable to you right now?

This week, what is one area where you need to look at your heart, not just your actions?

This week, what is one way you can be more authentic and less "hypocritical" in your relationships with others?

This week, how can you show God's love to someone, not just with words, but with a changed heart?