

Small Group Study Questions

- 1) Name one food item that you absolutely, positively refuse to eat.
- 2) Read today's passage ([Mark 7:1-23](#)), review the sermon points, and share anything from the sermon that you found especially interesting, challenging or useful.
- 3) The Pharisees' error of thinking that "[the better you behave, the holier you'll be](#)" ([vv.1-5](#)) probably began with a sincere desire to honor the Lord. But over time it morphed into rigid legalism. Can you think of ways that still happens in the church today? If so, what can be done about it?
- 4) As you examine your own spiritual life today, can you identify areas where you find it easy to go through the motions of religious activity without necessarily engaging your heart? If so, share with the rest of the group how they can pray for you.
- 5) Reread Jesus' words in [vv.14-15](#), perhaps in a few different versions. Does this mean that as Christians we're free to do whatever we want – that outward behavior doesn't matter? And if that *isn't* what Jesus meant here, what *did* He mean? Explain your answer.
- 6) Jesus' point in [vv.20-23](#) is that our real problem is a heart problem: we're sinners from the inside out. How might knowing that fact impact the way we relate to non-Christians? How about the way we relate to Christians who stumble into sin?