



Week 7 – 2/22/26 – Mark 7

Sermon Series focus verses: Jesus reminds us that what defiles us comes from our hearts. 7:1-16

What did you learn about Jesus? Read Mark 7.

Short on time? Read the focus verses: 7:1-23. Jesus wants our hearts - to follow his rules, not the rules or traditions of man.

Be with Jesus:

- Find a quiet place and talk to God about all that is on your mind or read the word. Listen quietly and enjoy being near Him.
- Challenge yourself to avoid all media or TV that distracts you from Jesus and consider continuing this practice for Lent.

Be like Jesus (for adults):

- Pay attention to your reactions to others this week, especially under stress. Speak less and really seek to listen and understand. Where is your heart in this? Seek first to love.

Be like Jesus (for kids):

- Give up video games or social media or TV for the day or week.

Scan for online resources!



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