

## Opener

1. Have you ever strictly followed a certain diet? Talk about that experience.
2. Have you ever noticed that you feel better or worse after eating certain foods?

## Discussion

1. Read Mark 7:14-23. What kinds of mind blowing statements does Jesus make here that would have confounded Jewish listeners?
2. Complete this statement, “religion works to change a person from the outside in, but Jesus changes us from the \_\_\_\_\_ out.” Discuss the traditions of cleanliness of the old covenant and the new news of spiritual purity being brought forth by Jesus.
3. Why was it so significant that Jesus declared “all foods clean?”
4. In light of the “heart” being so important, discuss why it is important to guard your heart and how you can do that.
5. Read Titus 3:5. What is significant about how Jesus saved us? How does the Holy Spirit continually renew our hearts?
6. What are some things you can put into practice this week to be pure of heart rather than simply “clean on the outside?”

