

Mark 7:1-8, 14-15, 21-23 (NSRV)

1Now when the Pharisees and some of the scribes who had come from Jerusalem gathered around [Jesus], 2they noticed that some of his disciples were eating with defiled hands, that is, without washing them. 3(For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; 4and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.) 5So the Pharisees and the scribes asked him, “Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?” 6He said to them, “Isaiah prophesied rightly about you hypocrites, as it is written,

‘This people honors me with their lips,
but their hearts are far from me;
7in vain do they worship me,
teaching human precepts as doctrines.’

8You abandon the commandment of God and hold to human tradition.”

14Then he called the crowd again and said to them, “Listen to me, all of you, and understand: 15there is nothing outside a person that by going in can defile, but the things that come out are what defile.”

21For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, 22adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. 23All these evil things come from within, and they defile a person.”

Prayer of Day—

O God our strength, without you we are weak and wayward creatures. Protect us from all dangers that attack us from the outside, and cleanse us from all evil that arises from within ourselves, that we may be preserved through your Son, Jesus Christ, our Savior and Lord.

Mark 7:1-8, 14-15, 21-23 (The Message)

7 1-4 The Pharisees, along with some religion scholars who had come from Jerusalem, gathered around him. They noticed that some of his disciples weren't being careful with ritual washings before meals. The Pharisees—Jews in general, in fact—would never eat a meal without going through the motions of a ritual hand-washing, with an especially vigorous scrubbing if they had just come from the market (to say nothing of the scourings they'd give jugs and pots and pans).

5 The Pharisees and religion scholars asked, “Why do your disciples brush off the rules, showing up at meals without washing their hands?”

6-8 Jesus answered, “Isaiah was right about frauds like you, hit the bull's-eye in fact: These people make a big show of saying the right thing,

but their heart isn't in it.

They act like they are worshiping me,
but they don't mean it.

They just use me as a cover
for teaching whatever suits their fancy,
Ditching God's command
and taking up the latest fads.”

14-15 Jesus called the crowd together again and said, “Listen now, all of you—take this to heart. It's not what you swallow that pollutes your life; it's what you vomit—that's the real pollution.”

20-23 He went on: “It's what comes out of a person that pollutes: obscenities, lusts, thefts, murders, adulteries, greed, depravity, deceptive dealings, carousing, mean looks, slander, arrogance, foolishness—all these are vomit from the heart. There is the source of your pollution.”

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