

Mark 7 – Study Handout

Theme: True holiness comes from the heart, not outward religion.

1. Tradition vs. God’s Command (7:1–13)

Key Ideas

- Pharisees prioritize tradition over God’s Word
- Jesus confronts outward religion without heart change

Lessons

- Traditions ≠ righteousness
- External actions can hide internal distance
- Religion can be used to avoid real obedience
- Culture can override Scripture if unchecked

Modern Examples

- Judging by appearance or congregation style
- Being active in church but lacking integrity
- Using “spiritual excuses” to avoid responsibility
- Redefining truth to fit culture

Key Insight:

Don’t replace God’s truth with human systems.

2. What Defiles a Person (7:14–23)

Key Ideas

- Sin comes from within—not external things
- The heart is the source of behavior

Lessons

- Holiness = inward transformation
- Circumstances reveal the heart
- Sin includes thoughts, motives, attitudes
- Behavior change alone isn't enough

Modern Examples

- Pride, jealousy, lust, gossip, comparison
- Blaming others for your reactions
- Looking “good” outwardly but struggling inwardly

Key Insight:

Focus on heart change, not just behavior.

3. Syrophenician Woman (7:24–30)

Key Ideas

- Gentile woman shows strong faith
- Jesus responds to her persistence

Lessons

- God's grace crosses all boundaries
- Faith requires persistence
- Faith > background or status
- True faith is humble

Modern Examples

- Trusting God through delays
- New believers with strong faith
- Humble, surrendered prayer

Key Insight:

God responds to humble, persistent faith.

4. Healing of Deaf & Mute Man (7:31–37)

Key Ideas

- Jesus heals personally and compassionately
- Demonstrates God's power and restoration

Lessons

- God works in personal ways
- Spiritual deafness = not hearing God
- Spiritual muteness = not speaking/responding
- Only God brings true transformation

Modern Examples

- Ignoring conviction
- Fear of sharing faith
- Emotional/spiritual breakthroughs

Key Insight:

God still restores and transforms lives today.

Final Application

Heart Check

- Am I focused on appearance or transformation?

Faith Check

- Do I trust God when it's hard or delayed?

Obedience Check

- Am I choosing truth over comfort?