



Life Group Discussion Guide

Feb 16 – Mark 7 --- Holy Hands, Defiled Hearts

Life Group Leaders,

During our *100 Days with Jesus*, you will have two approach options to guide your group in studying Sunday's text. We encourage you to try both methods over the next few months.

1. **Discussion Questions** – Each week, you'll receive a set of questions related to the text. If you choose this option, feel free to select the questions that best fit your group's needs and dynamics.
2. **SEEDS Discovery Bible Study** – This method introduces a Bible study format designed to empower participants to engage deeply with Scripture. The goal is to equip your group members with a practical tool for exploring the Bible with others, aligning with our mission to *Advance the Kingdom* with Jesus.

Both options are designed to enrich your group's experience. Experiment with each to discover what works best for your group. Thank you for leading and serving so well!

Ice Breaker: Do you or your family have any habits you do every day or every week? If so, describe it. For extra points explain how you feel if you miss doing the habit.

Discussion Questions:

Mark 7:1-23 --- Clean and Unclean

1. How did the Pharisees' use of "unclean" differ from Jesus'? (7:14–23)
2. How did Jesus explain the parable to His disciples? (7:18–23)
3. What church traditions either can or do stand in the way of non-believers becoming interested in Christianity?
4. In what ways do you think it is possible to worship the Lord in vain?
5. What does this scripture reveal about the nature of God's law and how it connects to our hearts rather than just our actions?

Reflection and Application

6. How might understanding Jesus' message in this passage influence our daily interactions and relationships with others?
7. What is one step you can take to guard against hypocrisy?
8. How can we actively prioritize inner purity over external appearances based on the insights from this passage?

Potential approach:

Note to the group leader: Recommendation is that you go through these steps with the group members but have them individually write responses during the small group time rather than share responses with the entire group.

- a. From the sermon – examine your heart
 - Ask, “Jesus, where am I in this text?”**
 - Do I have the heart and obedience you desire for an authentic disciple?
 - Or am I settling for just the deception of ‘a cardboard cutout’?”
- b. Ask for help to purify your heart:
 - Psalm 139:23-24a**
 - 23 Search me, O God, and know my heart!
Try me and know my thoughts!
 - 24 And see if there be any grievous way in me,
- c. Confess to God the unclean area (read 1 John 1:9, Mark 7:21-22, and Galatians 5:19-21)
- d. Confess to a Christian partner the unclean area (Read James 5:16)
- e. Pray to have a pure, clean heart devoid of the “unclean” element (refer back to Psalm 139:23-24)
- f. Pray to have the Holy Spirit work in your life to add His fruit to replace the impurity –
Read Galatians 5:22-23
- g. Other ideas to add?
- h. Repeat daily

SEEDS Bible Study:

The Discovery Method works most effectively in small groups of three to four people. For larger gatherings, consider breaking into smaller groups to encourage deeper discussion. Here's a simple format to follow:

- **Form Small Groups:** Divide the larger group into smaller groups of three to four people.
- **Pose Questions:** Present one question at a time for the smaller groups to discuss. Allow a few minutes for meaningful conversation.
- **Share Insights:** Invite groups to share their thoughts with the larger group, if they feel led. This step fosters collective learning and reflection.
- **Repeat for Additional Questions:** Continue the process with the next question, following the same structure.
- **Close in Prayer:** Conclude the session with prayer, either within the smaller groups or together as a large group.

This approach encourages participation, reflection, and shared learning while keeping the conversation focused and engaging.

Discussion Questions:

Share

- What are you grateful for?
- What is stressing you out?

Explore

- What stood out to you from the sermon?
- Read the text twice (Select a portion of this week's text to focus on for your group's discussion.)
- Retell the passage in your own words.

Examine

- What questions, observations, and thoughts do you have about this passage?
- What does this text say about God, Jesus, and humanity?

Do It – Either alone or with others in the group.

- If the text is true, what are you sensing God saying to you?
- Write an "I will" statement.
- What does that look like for you?

Seek God's Kingdom

- **Tell:** Is there someone in your life you can share this text/truth with?
- **Give:** Is there someone in your life that you can serve this week?
- **Pray:** Close in prayer: God, thank You for planting SEEDS in us so we can share those SEEDS with others as we Advance the Kingdom!