

How Is Your Mouth...

*Food
Goes
In*



*Evil
Comes
Out*

...a Two-Way Street?

Text: Mark 7:14-23 NAS 1995

Introduction: Dear friends in Christ: Before we begin today's text, let me summarize the beginning of [Mark chapter 7](#):

- Those Present: Pharisees and scribes (*experts in the law, followed non-biblical traditions*), and Jesus and His disciples.
- Pharisee and Scribes: Strictly followed the tradition of handwashing before eating.
- Jesus and His disciples: They sometimes ate without washing their hands.
- So, They Asked Jesus: Why do Your disciples eat with defiled (*unclean, unwashed*) hands?
- Jesus Replied by Quoting from Isaiah: **“THIS PEOPLE HONORS ME WITH THEIR LIPS, BUT THEIR HEART IS FAR AWAY FROM ME” (7:6)**. In other words, they said what sounded God-honoring, *BUT their hearts did NOT trust in Jesus as their Savior*.

Now, as we come to today's text, *picking up in [Mark 7:14](#)*, Jesus is going to instruct the crowd about what is **most important** – NOT what we eat, BUT what is in our hearts!

1. **An In and Out Summary:** ¹⁴ After [Jesus] called the crowd to Him again, He *began* saying to them, “Listen to Me, all of you, and understand: ¹⁵ there is nothing outside the man which can [is able to] defile him [make him morally unclean] if it goes into him [like eating with dirty hands]; but the things which proceed out of the man are what defile the man. ¹⁶ “If anyone has ears to hear, let him hear.”
 - a. What did the Pharisees and scribes emphasize? **Physical things** – like having clean hands.
 - b. What did Jesus emphasize? **Spiritual things** – like what †is in the heart and †comes out of the mouth.
 - c. “If anyone has ears...” We all have ears, BUT are we **hearing, understanding, believing, and applying?** All such things are critical!

2. **The Mouth—Stomach Relationship:** ¹⁷ When [Jesus] had left the crowd *and* entered the house, His disciples questioned Him about the parable [setting one thing beside another to form a comparison]. ¹⁸ And [Jesus] said to them, “Are you so lacking in understanding [senseless] also? Do you not understand that whatever goes into the man from outside cannot defile him, ¹⁹ because it does not go into his heart [“the... functions of soul and spirit” (BW, Friberg)], but into his stomach, and is eliminated, [cleansing all the foods]?” (~~Thus, He declared all foods clean.~~)
 - a. Some Important Points on Mark 7:19:
 - i. **This is a MISTRANSLATION of the Greek:** “...into his stomach, and is eliminated?” (*Thus, He declared all foods clean.*)
 - ii. **This is a CORRECT TRANSLATION of the Greek:** “...into his stomach, and is eliminated, cleansing all the foods [from the body]?”

iii. Here is a literal translation of the Greek:

...ἀλλ' εἰς τὴν κοιλίαν, καὶ εἰς τὸν ἀφεδρῶνα
...but into the stomach, and into the latrine/toilet
ἐκπορεύεται, καθαρίζων πάντα τὰ βρώματα;
to go out, cleansing all the foods?

iv. Jesus did NOT abolish the OT food Laws.

v. Jesus came to fulfill, not to abolish (see Mt. 5:17).

vi. See today's Bible class sheet for an in-depth study.

b. What about the OT Food Restrictions?

i. They are written in [Lev. 11](#) and [Deut. 14](#).

ii. They were given ✦to set the Israelites apart from other nations and ✦to protect their health.

iii. They were still in place *until Jesus fulfilled the Law*.

c. Are there NT Food Restrictions?

i. Peter's Vision in Acts 10:9-16: Three times Peter was told to kill and eat regarding all kinds of animals, *including the ones forbidden in the OT!*
Why? God revealed the end of two things:

1. The OT food restrictions.

2. The separation between Jews and Gentiles.

ii. [Romans 14:2-3](#) "One person has faith that he may eat all things, but he who is weak eats vegetables *only*. The one who eats is not to regard with contempt the one who does not eat, and the one who does not eat is not to judge the one who eats, for God has accepted him." // When people ✦eat or ✦refuse to eat for the sake of their conscience, let us graciously accept their decision.

iii. [Colossians 2:16](#) "...no one is to act as your judge in regard to food or drink..."

3. **The Heart—Mouth Relationship:** *[Jesus deals with the MUCH MORE IMPORTANT matters of the HEART:]* ²⁰ **And He was saying, “That which proceeds out of the man [from his heart and through his mouth], that is what defiles the man. ²¹ For from within, out of the heart of men, proceed the evil thoughts, fornications [sexual immoralities], thefts, murders, adulteries, ²² deeds of coveting [greediness] *and* wickedness, *as well as* deceit [fraud], sensuality [lustful indulgence], envy [evil seeing], slander [evil speaking], pride *and* foolishness. ²³ All these evil things proceed from within and defile the man.”**
- a. **Our Problem: The evil in each of our hearts:** ♣it’s our old nature and ♣we inherited it from Adam and Eve!
- Unbelievers** are controlled by the old nature.
 - Believers** strengthen the new nature through God’s word: ♣to keep the old nature in check and ♣help the new nature to control their lives.
- b. **The Mouth Reveals the Heart:** Jesus said: **Luke 6:45** “The good man out of the good treasure of his heart brings forth what is good; and the evil man out of the evil treasure brings forth what is evil; for his mouth speaks from that which fills his heart.”
- c. **Kretzmann Wrote:** “A **Christian** has need to watch over his heart unceasingly, lest any of these evil seeds sprout and grow beyond all control.”

Let Us Pray: Dear Lord Jesus, You have warned us about our evil hearts and finished Your work. Dear Holy Spirit, please powerfully work in our lives to deliver us from the evil one.

Website: www.BLC7500.com; **YouTube and Podcast:** “Benefit from the Bible”
Facebook: “Bethlehem Parma” / **Pastor:** RevRLGreen@aol.com; 440-292-5915
7500 State Road, Parma, Ohio 44134 / 440-845-2230