



***Rockbridge Church Small Groups Lesson 7***  
**Mark 7 – Real Jesus (Read Mark 7)**

**Questions:**

1. What do you see in Mark 7 that helps you know what Jesus is like?
2. In what ways do you see Jesus hard at work, on a mission, with a purpose, loving people?
3. What one thing about Jesus stands out to you in this chapter? (What about Jesus astonishes you, amazes you, challenges you or comforts you?)
4. In Mark 7, who encounters Jesus, and how do they respond to Him?
5. How are you responding to the Jesus you encountered in Mark 7?
6. What was most instructive, and what did you appreciate most from Sunday's sermon?

Check out the additional notes on **The Heart** on the next page.

# The Heart

*"This people honors Me with their lips,  
But their **heart** is far from Me." (Mark 7:6)*

*"For from within, out of the **heart** of men, proceed the evil thoughts, fornications, thefts, murders,  
adulteries . . ." (Mark 7:21)*

*Then He got into the boat with them, and the wind stopped; and they were utterly astonished, for they had not gained any insight from the incident of the loaves, but their **heart** was hardened. (Mark 6:51-52)*

*What commandment is the foremost of all? Jesus answered, "The foremost is, 'Hear O Israel The Lord our God is one Lord; and you shall love the Lord your God with all your **heart** . . ." (Mark 12:28-30)*

The heart is very important to Jesus. The Greek word is *kardia* — we get our words like cardio and cardiologist from it. The word is used 148 times in the New Testament — the heart is the seat or center of emotions, knowledge, understanding, folly, the will; and also where responsibility rests, and therefore where our responses originate.

The heart can be good or bad; receptive or hard; discerning or dull; light or dark; wise or foolish; believing or unbelieving — a real study in contrasts. On one hand *"the heart is more deceitful than all else and is desperately sick; who can understand it? (Jeremiah 17:9)*. On the other hand it can be (when renewed) the source of love for God and people *(Mark 12:28-31)*.

*"Heart"* is a comprehensive term for personality as a whole, the total inner life. In fact, the heart is simply the person — *"the hidden person of the heart"* (see *1 Peter 3:4*).

The heart is where a person continues to reject and resist God — *"The fool has said in his heart, 'There is no God'" (Psalm 14:1)*; and also *"Transgression speaks to the ungodly within his heart; There is no fear of God before his eyes" (Psalm 36:1)*. The apostle Paul pleads with unbelieving people to consider Christ — *"Do you think lightly of the riches of His kindness and tolerance and patience, not knowing that the kindness of God leads you to repentance? But because of you stubbornness and unrepentant heart you are storing up wrath for yourself in the day of wrath and revelation fo the righteous judgment of God" (Romans 2:4-5)*

Because corruption stems from the heart it is there that God begins His work of renewal. Just as the heart is the seat of faithlessness, it is also the seat of faith — *"if you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead, you will be saved; for with the heart a person believes . . ." (Romans 10:9-10)*.

The conversion of the heart is not achieved through the will or desire of the human heart (*1 Corinthians 2:9*), but solely because God opens a person's heart — *"A woman named Lydia was listening . . . and the Lord opened her heart to respond to the things spoken by Paul (Acts 16:14; see also Ezekiel 36:26)*. God is a heart changer — *"For God, who said, 'light shall shine out of darkness,' is the One who has shone in our hearts to give the Light of the knowledge of the glory of God in the face of Christ" (2 Corinthians 4:6)*.

When God renews a heart, He sends into that heart the Spirit of His Son — *"God also sealed us and gave us the Spirit in our hearts a a pledge" (2 Corinthians 1:22)*. When the Spirit takes up residence in our hearts, because of the Oneness of the Godhead, it is also true that Christ take up residence in our heart. Paul's prayer for the believers is that the Father *"would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man, so that Christ may dwell in your hearts through faith . . ." (Ephesians 3:16-17)*.

No wonder the heart was so important to Jesus — He knew our hearts would become His home.