



KING'S CROSS

SERMON STUDY GUIDE: WEEK 5 - DR. THOMAS WEST

HEART MATTERS

Mark 7:1-23

Below is an outline of the sermon, along with some additional comments.

“Legalism, Moralism,” What does this mean?

The disciples are breaking with their tradition, not the Word of God

The religious leaders made applications, rulings, and rules in addition to the rules. They stacked these up again and again on top of the Law.

Overview of Mark 7:

Accusation (7:1-5) Condemnation (7:6-16) Declaration (7:14-16) Explanation (7:17-23)

1. Jesus is the Way, the Truth, and the Life.

The establishment was very uneasy with Jesus. He posed a threat to the tradition and custom they enjoyed.

Look at Mark 7:1-5

LEGALISM LEADS US TO ANXIOUSLY MAKE RULES IN ADDITION TO GOD'S WORD.

THE GOSPEL LEADS US TO ENJOY GOD'S WORLD.

What are some subtle ways legalism shows up in our lives?

2. Jesus is more radical than we think

Read: Mark 6: 6-16

Jesus defended his disciples and exposed the hypocrisy of his accusers

LEGALISM OBSESSES ABOUT APPEARANCES.

THE GOSPEL LEADS US TO FOCUS ON THE HEART.

What is Jesus pushing you to do in your life? What do you need to release because it

is “spiritually bankrupt”? Do you give “lip service” to God, when you should be following Him?

3. Jesus looks at our hearts.

Read: Mark 7: 14-16

Jesus announced to the whole crowd that the source of holy living is from within and not without.

LEGALISM SAYS, “THE PROBLEM IS OUT THERE.”

THE GOSPEL SAYS, “THE PROBLEM IS IN HERE.”

We need to see this - we tend to think of our relationship with God as outward performance. But we must follow God deeper than outer performance and down into our hearts where we rest and lean our souls.

4. Jesus can change us from the inside out.

Read: Mark 7: 17-23

It's not what you do with your hands that makes you unclean - impure, and therefore guilty. It's what's in your heart.

LEGALISM TRIES TO CHANGE FROM THE OUTSIDE-IN.

THE GOSPEL CHANGES YOU FROM THE INSIDE-OUT.

Jesus says, we are the problem. It's the self-centeredness of the human heart. It's sin. Jesus is radically opposed to sin - sin makes us dirty, and dead. Jesus came to clean, and give life.

**“The essence of sin is man substituting himself for God,
while the essence of salvation is God substituting Himself for man.**

— JOHN STOTT

