

Mark 7:1-8, 14-15, 21-23

That Which Defiles

7 The Pharisees and some of the teachers of the law who had come from Jerusalem gathered around Jesus ² and saw some of his disciples eating food with hands that were defiled, that is, unwashed. ³ (The Pharisees and all the Jews do not eat unless they give their hands a ceremonial washing, holding to the tradition of the elders. ⁴ When they come from the marketplace they do not eat unless they wash. And they observe many other traditions, such as the washing of cups, pitchers and kettles.^[a])

⁵ So the Pharisees and teachers of the law asked Jesus, “Why don’t your disciples live according to the tradition of the elders instead of eating their food with defiled hands?”

⁶ He replied, “Isaiah was right when he prophesied about you hypocrites; as it is written:

“‘These people honor me with their lips,
but their hearts are far from me.

⁷ They worship me in vain;
their teachings are merely human rules.’^[b]

⁸ You have let go of the commands of God and are holding on to human traditions.”

¹⁴ Again Jesus called the crowd to him and said, “Listen to me, everyone, and understand this. ¹⁵ Nothing outside a person can defile them by going into them. Rather, it is what comes out of a person that defiles them.”

²¹ For it is from within, out of a person’s heart, that evil thoughts come—sexual immorality, theft, murder, ²² adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. ²³ All these evils come from inside and defile a person.”