

Mark Chapter 7 — John the Baptist, Baptism and calling the disciples

In Chapter 7 of Mark's Gospel, Jesus teaches people that what matters most is having a good and loving heart. Some people worry a lot about following rules, but Jesus reminds them that God cares about what is inside us, not just what we do on the outside. Jesus teaches that unkind words and actions come from our hearts, so we should try to fill our hearts with love, kindness, and goodness. Jesus also meets a mother who asks him to help her daughter. The mother keeps trusting Jesus, and he heals her daughter. Later, Jesus helps a man who cannot hear well or speak clearly. Jesus shows us that God's love is for everyone, and he calls us to care for others with loving hearts.

Talk about these questions together as a family. Take turns sharing your thoughts, listen to one another, and discover how Jesus' teachings can help your family grow in faith and show God's love in everyday life.

1. Jesus teaches that what is inside our hearts matters. What are some ways we can show that we have loving hearts?

2. Have you ever said something unkind and wished you could take it back? What could you do differently next time?

3. The mother kept asking Jesus to help her daughter. What can we do when we are worried about someone we love?

4. Jesus helped people who were different from him. How can we welcome someone who looks, speaks, or acts differently from us?

5. What is one kind thing each person in our family can do this week to show love to someone else?