

Hands, mouth and heart!



Is what we say what we really think?

Do I love eating cheese and onion crisps or bounty chocolates (the one that are filled with coconut)? One of those is truth and one is a lie, which is which?

What do you do with your hands? Play games, build models, create art work, play a musical instrument, probably the list is quite long!

What do you do with your mouth? Smile, talk, the list is shorter!

What comes from your heart? What you really are feeling?

Some Pharisees and scribes gathered round Jesus. ❁
Angrily, they asked him, 'Why do your disciples eat without following the ancient ritual of washing before eating? It's disrespectful to God!' They thought this made the disciples bad people. ❁

Jesus replied, 'The prophet Isaiah was talking about people like you, when he said: "God says this: some people just pretend to respect me. They are only worried about rules and what people will think of them. Their lips honour me, but their hearts are far away from me."'

Jesus continued: 'Listen carefully. Nothing that goes into a person's body from the outside can make them a bad person. But the words and actions that come out can be bad. Goodness comes from the inside. What's important is what's in your heart.' ❁

Mark 7.1-8,14-15,21-23



❁ See Share the Word.

Did you notice those 3 body parts in the reading. The Pharisees liked everyone to obey the rules and they were complaining that rules was being broken! The disciples were not washing properly before eating food. Jesus says that the Pharisees show love towards him with what they say, however, they they do not mean those things, their hearts they are not full of love. It is important that words match actions.

We are going to use the heart below to remind ourselves of how we want our mouth to say what is in our heart.

Firstly, Cut out or draw a heart.

What values do you want to live by? Kindness, helpfulness, generosity, caring, patience?

Write a couple on your heart.

Now what actions do you want to show? Sharing, helping others, taking turns? Write those on your heart too.



Here is my heart, I have written the words clearly and coloured them in. By the way... I hate cheese and onion crisps!

