

## A Word About Heart Health

Mark 7:1-23

January 11, 2026 – Eric Abbey

**Theme:** God’s word, confirmed through Jesus’ authoritative teaching, defines man’s defilement as originating from his evil heart, which explains unbelief and requires a divine remedy, the new birth.

- I. Authority & Defilement: God says man’s heart is evil (7:1-23)
  - A. Who gets to define defilement? (1-13)
    1. The Pharisees: “We do” – based on human tradition (1-5)
    2. Jesus: “God does” – based on His Word (6-13)
      - a. Isaiah’s prophecy bears witness against them (6-8)
      - b. The Corban example seals the verdict (9-13)
  - B. Jesus defines it with divine authority: The heart is evil (14-23)
    1. The parable: Man is defiled from within (14-15)
    2. The explanation: The heart is the problem (17-23)
      - a. What enters a person is not the problem (17-19)
      - b. What comes out of a person is the problem (20-23)
- II. Loving God’s Word as your final authority
- III. Believing what God’s Word says about heart health

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