

1. Gather & Share Food / Drink 25 MINS

2. Worship Music 10 MINS

3. Read the Sunday Gospel 5 MINS

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

The Pharisees and some of the scribes who had come from Jerusalem gathered round Jesus, and they noticed that some of his disciples were eating with unclean hands, that is, without washing them. For the Pharisees, and the Jews in general, follow the tradition of the elders and never eat without washing their arms as far as the elbow; and on returning from the market place they never eat without first sprinkling themselves. There are also many other observances which have been handed down to them concerning the washing of cups and pots and bronze dishes.

So these Pharisees and scribes asked him, 'Why do your disciples not respect the tradition of the elders but eat their food with unclean hands?' He answered, 'It was of you hypocrites that Isaiah so rightly prophesied in this passage of scripture:

This people honours me only with lip-service, while their hearts are far from me. The worship they offer me is worthless, the doctrines they teach are only human regulations. You put aside the commandment of God to cling to human traditions.'

He called the people to him again and said, 'Listen to me, all of you, and understand. Nothing that goes into a man from outside can make him unclean; it is the things that

come out of a man that make him unclean. For it is from within, from men's hearts, that evil intentions emerge: fornication, theft, murder, adultery, avarice, malice, deceit, indecency, envy, slander, pride, folly. All these things come from within and make a man unclean.'

4. Personal Sharing based on the Gospel 5-10 MINS

In the weeks before meeting today, a member of the group was invited to prepare a short, 5-10 minute sharing on how this Gospel reading connects with their life and relationship with Jesus. They have considered the questions below in the process of preparing their sharing:

- It can be easy to be mechanical in our relationship with God. We can revert to saying (and even doing) all the right things but, as Jesus says, our hearts can be far from him. Have you experienced a time when you felt like you were "going through the motions"? If you've come through it, what happened to change it?
- We often think that it is just our actions that matter but Jesus says that it's what's in our hearts that matters most. Have you experienced recognising these inner issues in yourself? How did you identify them? What are you doing to change them?

5. Smaller Group Discussion 20 MINS

Break into smaller sharing groups of 3-5 people and discuss the following questions.

- What really struck you from the personal sharing? Have you had a similar experience?
- Respond to the sharing prompts in section 4, to break open the Gospel.
- What has been one high point and one challenge in your faith Journey since we last met?

6. Prayer in Small Groups 15 MINS

Remain in your smaller discussion groups for a time of prayer.

- Conscious of what has just been shared, briefly name/describe your prayer needs.
- Intentionally call on the Holy Spirit to be present (e.g. "Come Holy Spirit, please be present as we pray")
- Move to prayers of thanks and praise to God
- Pray for each other's prayer needs. Where appropriate, you may like to encourage the group to place a hand on the shoulder of the individual that you are currently praying for.
- Conclude your prayer time with another prayer of praise, perhaps reciting the 'Glory Be' or similar prayer.

7. Closing Prayer 5 MINS

After you have had time to pray for one another in your smaller groups, a leader closes the evening with a final prayer in the large group.