

**SAY WHAT**  
**WEEK 4 DISCUSSION GUIDE**  
**“WHAT GOES IN OR WHAT COMES OUT”**

**READ**

This week we continued our series titled, “Say What”, as we looked at how purity is defined more by what comes out of our lives than what we allow into our lives.

**Matthew 15:16-20**

*“Are you still so dull?” Jesus asked them. “Don’t you see that whatever enters the mouth goes into the stomach and then out of the body? But the things that come out of a person’s mouth come from the heart, and these defile them. For out of the heart come evil thoughts—murder, adultery, sexual immorality, theft, false testimony, slander. These are what defile a person; but eating with unwashed hands does not defile them.”*

In Jesus’ response here to the teachers of the law he challenges their ideas about purity. In 1<sup>st</sup> century Israel in a religious context, purity was seen as the key to a good standing with God. The focus of oral law was on staying clear of anything impure that would contaminate them and on rituals that would restore their purity, such as handwashing, which was not for hygiene, but for ritual cleansing. Jesus points out that purity is not about what we avoid, it is reflected in our fruit, what comes out of us, and that is directly related to the condition of our hearts.

Faith is a relational term, it means trust. Life with God is relational. Jesus is constantly challenging people to move from a dead, static religion, to a dynamic faith that impacts every area of their lives. Faith is active, it requires something from us. It requires us to do things, not just abstain from things. This is true in our relationship with God and also in our relationships with others.

The New Testament has 59 one another imperatives. Things we are told to do for “one another”.

<b>Accept</b>	<b>Be devoted</b>
<b>Build up</b>	<b>Live in harmony</b>
<b>Serve</b>	<b>Care for</b>
<b>Forgive</b>	<b>Be hospitable</b>
<b>Be kind</b>	<b>Submit</b>

Reflect on how your relationships might look if these imperatives defined them. Healthy relationships take more than just abstaining from doing things that would cause harm, they take intentional effort and work.

What comes out of our mouths is a reflection of what is inside of us. If we want to have healthy relationships, we need to be healthy people. This starts with experiencing the love and grace that can only be found in Jesus. It is a process and you are involved. You need to confess,

repent and forgive. You may need to get into counseling or recovery. You will need to find support. The process of healing your broken heart so that you can live a thriving, connected life begins when you open your life to the love of God and then let others help you move in the direction that he is leading you, toward healing and wholeness. This affects not only our relationship with God but also our relationships with others.

### **DISCUSS**

What do you think about Jesus' teaching on purity, that purity is defined by what comes out of a person's mouth instead of what goes in? How have you seen this revealed in your interactions with others?

How do you think seeing faith as relational can affect the way we approach God?

Do you have a tendency to define the health of your relationships mainly by what you abstain from or by what you do? Why do you think this is?

How do you think your relationships might look different if the one another imperatives defined them?

What can you do this week to approach your relationships with the "one another" imperatives in mind?

Ultimately the condition of our hearts affects our ability to have healthy relationships.

Brainstorm with your group ways of how you can become a healthier you.

In addition, sometime this week sit down with the person or people closest to you, one on one, and talk about how you can become a healthier you. Pray about this and develop a plan.

### **PRAY FOR YOUR GROUP**

Pray that we would have active faith, and that this would be reflected both in our relationship with God and our relationships with others.

### **PRAY FOR FCC**

Pray that we would love others as Jesus loves us. Pray that our relationships would be defined by the one another imperatives.

### **PRAY FOR OUR GLOBAL PARTNERS**

Please continue to pray for the people of Ecuador as they work out details of their new agreement between government and the indigenous people that caused turbulence in the country last week. Pray for peace and unity in negotiations. Pray for our global partners as they continue to share the love of Jesus throughout Ecuador