

Thought for the day - Wednesday 10th February 2021

Looking at the heart – Revd Kit Gunasekera

¹⁴ Again Jesus called the crowd to him and said, “Listen to me, everyone, and understand this. ¹⁵ Nothing outside a person can defile them by going into them. Rather, it is what comes out of a person that defiles them.”

¹⁷ After he had left the crowd and entered the house, his disciples asked him about this parable. ¹⁸ “Are you so dull?” he asked. “Don’t you see that nothing that enters a person from the outside can defile them? ¹⁹ For it doesn’t go into their heart but into their stomach, and then out of the body.” (In saying this, Jesus declared all foods clean.)

²⁰ He went on: “What comes out of a person is what defiles them. ²¹ For it is from within, out of a person’s heart, that evil thoughts come—sexual immorality, theft, murder, ²² adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. ²³ All these evils come from inside and defile a person.”

- Mark 7:14-23

When confronted with those areas of our lives that is not attractive, it’s in human nature, to want to sort out the externals, the parts of us that others see. The short cut. We are more reluctant to look inside, that is more complicated, takes longer, more uncomfortable. And yet, that is where God looks (1 Samuel 16:7). It is the inside, which is our engine room, that produces the thoughts and feelings, which give birth to our actions and our lifestyle. Lent which starts next week is an opportunity, a period of time, through prayer, bible study, reflection, and silence, to have what is often buried deep inside us, to come to the surface, what is hidden to come to light, so the Holy Spirit can deal with it. May it be a fruitful time for us.

Here are some ideas in which we can engage with Lent this year - please click [here](#).