



LENT WEEK 4
20
24

Question MARK

A LENTEN STUDY ON THE GOSPEL OF MARK

WEEK 4: MARK CHAPTERS 7 & 8

Hello all,

Plymouth is reading the Gospel of Mark together for Lent. We have posted segments of each week's bible study, chapter descriptions, and questions on Plymouth's Online Connection. It has been fun to see and respond to some of the thoughts and insights. I encourage you to consider exploring these texts and joining the online discussion.

This week for Plymouth Reads; The Gospel Mark we focus on chapters 7 & 8. For this week,

- Light a candle.
- Take a few deep breaths.
- Find a time, when there are no distractions.
- And a place where you can settle into the moment.
- Pop open your bible, phone, or computer and engage the sacred text.
- This time, be open to all the newness you might find in the stories, even if you have read them before.

Supplies: hard copy bible scripture or digital, colored writing utensils [crayons, coloring pencils, paint, oil pastels], and perhaps some paper/a journal to take notes.

Chapter 7 Explores Jesus' relationships with both fellow Jews and Gentiles. Initially, Jesus speaks with the Pharisees and scribes, and then with his disciples, about defilement. Later in the chapter, Jesus heals two Gentiles, one in the region of Tyre and Sidon and the other in the Decapolis region.

Chapter 8 Contains two miracles of Jesus, Peter's confession that he believes Jesus is the Messiah and Jesus' first prediction of his death and resurrection.

Continued on next page

Reflect & Act

- **SILENCE:** Before you read chapters 7 & 8, take a moment of silence to ground and center yourself. It can be a moment, a minute, or five minutes.
- **UNDERLINE or HIGHLIGHT:** Chapter 7:15 There is nothing outside a person that by going in can defile, but the things that come out are what defile.

**Playing this scene wisely requires establishing a larger sense of the point and practice of dietary laws. Non-Jews will typically have no real sense of this. There surely is no argument that “what comes out of a person” is of more importance than “what goes in.” This is basic Jewish practical theology.*

- **DRAWING:** Bible journaling is something that gives more meaning to taking time out of a busy day to create art. Copying the scripture above with creative lettering, and adding colorful illustrations in the margins of my Bible make God’s words even more beautiful than they already are. If you are comfortable spend some time drawing an image or scene on this page of what you want to put into your body that will make you feel whole, healthy, and good. You can use the colored pencils or crayons [so you can still see the verses]. You may also use the attached copy of this bible page by printing it out or you can do this exercise on a plain sheet of paper.
- **HIGHLIGHT OR UNDERLINE:** Chapter 8:34 He summoned the crowd with his disciples and said* to them, “Whoever wishes to come after me must deny himself, take up his cross, and follow me.

**When reading these words about following, it is wise to consider who could follow someone who is carrying a cross.*

- **DRAWING:** If you are comfortable, draw a large cross on the page with this verse. Inside the cross write words or images that describe the crosses you carry in life. Around the cross draw words or images that bring Life and Resurrection, despite how hard the cross[s] might be.
- **REFLECT:** After you read and reflect with drawing/coloring, take a moment of silence to ground and center yourself. It can be a moment, a minute, five minutes.
- **FACEBOOK POST:** Join our Online Connection Facebook group and post some of your findings this week! We want to be in conversation around these two chapters.

Mark 7:15

Common English Bible

biblegateway.com

***Nothing outside of a person can enter and
contaminate a person in God's sight;
rather, the things that come out of a person
contaminate the person."***