

## **SPIRITUAL TASK—HOW WE REACT IS WHAT MATTERS** (Mark 7)

*by the Rev. David Roth at the New Church of Boulder Valley*

**Story** The religious leaders of the Jewish church went after Jesus because He and His disciples did not observe ceremonial washing before eating. Jesus rebuked them for making the commandments of men more important than the laws of God. He then told them that it is not what goes into your mouth that defiles you but what comes out of your mouth, because it is from the heart.

**Meaning** There are two lessons here: 1) Religion is meant to enable men and women to love the Lord and serve and love one another. We can be sidetracked for, many reasons, into conscientiously observing completely external things and neglecting the things that really matter—things of the spirit. 2) Things that enter only our understanding don't become part of us. Things that touch our will or heart or our will are the things that become ours. We have a choice about what things we keep or let in, and the things we let go of or turn away.

**Task** This week prioritize your time and obligations. Jettison a few things that are not important in the big picture and focus attention on one or two things that really have to do with the Lord and with the people in your life. Don't let the "conscience mongers" convince you that unimportant things matter. Just tell them, "The Lord says that I don't have to worry about those things. Now go away."