

**September 1<sup>st</sup> 2024 22<sup>nd</sup> Sunday of Ordinary Time Year B Mark 7:1-8,14-15,21-23**

<sup>7-1</sup>Now when the Pharisees and some of the scribes who had come from Jerusalem gathered around him, <sup>2</sup>they noticed that some of his disciples were eating with defiled hands, that is, without washing them. <sup>3</sup>(For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; <sup>4</sup>and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.) <sup>5</sup>So the Pharisees and the scribes asked him, 'Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?' <sup>6</sup>He said to them, 'Isaiah prophesied rightly about you hypocrites, as it is written, "This people honours me with their lips, but their hearts are far from me;<sup>7</sup> in vain do they worship me, teaching human precepts as doctrines."<sup>8</sup>You abandon the commandment of God and hold to human tradition.' <sup>14</sup> Then he called the crowd again and said to them, 'Listen to me, all of you, and understand: <sup>15</sup>there is nothing outside a person that by going in can defile, but the things that come out are what defile.'

<sup>21</sup>For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, <sup>22</sup>adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. <sup>23</sup>All these evil things come from within, and they defile a person.'

<p>➤ <b>Read and re-read</b> – out loud and slowly the Gospel.</p> <p>➤ <b>Meditate</b> - on reading as being spoken to you, an experience in your life.</p>	<p>➤ <b>Pray</b> - Thanksgiving – Repentance – Petition.</p> <p>➤ <b>Action</b> – Attitude (Call to change / to act /to do).</p>
--	--

**September 1<sup>st</sup> 2024 22<sup>nd</sup> Sunday of Ordinary Time Year B Mark 7:1-8,14-15,21-23**

In today's gospel we see how God's commandments show us the need for justice, generosity and respect for all people. Jesus also explains that rules are not the be all and end all. The source of the commandments and the motivations for our actions are vital. What is in one's heart is more important than what is on one's hands, as the heart is the true indication of purity. "The people honour 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".

How have you found that being judgemental does not necessarily make you a good person?

**Prayer:**

**Thank You Lord** for the people you sent us who understand our wilderness. They taught us that it is what is within that is important as the heart is the true indicator of our goodness and not what comes into us from outside

**Forgive us Lord** for the times we focused totally on being loyal members of our church and keeping its laws forgetting your first and most important request to us is universal love and compassion for all.

**Help us Lord** to see that God's commandments are given to us as a guiding help on our journey through life.

