



**Mark: A Journey with Jesus | | Freedom in Christ**  
**Mark 7:1-13**

Mark continues to give us a picture of who Christ is and how He lived His life. One of the obvious behaviors of Jesus that we can see is He always went against the traditionalism of the time period.

- *Jesus lived a countercultural life, what does that mean?*

**Read Mark 7:1-13 aloud with your group**

- *What are the traditions of the elders that the Pharisees are referring to in verse 5?*
- *What was the relevance of Jesus quoting from Isaiah in His response to the Pharisees?*

Many of us grew up in Christian homes that may have taught man-made traditions of the church and we were told to obey them. Traditions teach us you must act holy to follow God instead of pursuing holiness.

- *What were some of the traditions that you were told must be upheld in order to follow Jesus?*
- *How could these traditions prevent us from having freedom in Christ?*

Choosing freedom in Christ is the narrow path as opposed to following a list of rules or traditions.

- *Why is it difficult for us to choose freedom in Christ?*
- *What traditions/list of rules are preventing you from walking in the path of freedom?*
- *What is something that you can do this week to help you embrace your freedom in Christ and to share that love with others?*

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