



CORNERSTONE REFLECTION GUIDE

FEBRUARY 2, 2025

Title: What is Good? The Inside Job

Preacher: Hannah Buchanan

Scripture: Mark 7:14-23

What is good? We each have our own ideas of what's good and what's bad, and it's often where these differences collide that we run into problems.

In this week's sermon, we discover that true goodness isn't about our actions or outward appearances. In Mark 7, Jesus teaches his disciples that goodness doesn't come from what's external but from what's inside. It's a matter of the heart. To cultivate goodness within us and in the world around us, we need to shift our focus from outward behaviors to the inner condition of our hearts. When we open up about our struggles and invite God to heal and transform us, His love becomes the source of goodness in our lives.

DISCUSSION QUESTIONS

1. What stuck out to you about this sermon? Was there an idea that was particularly meaningful or challenging for you?
2. What are some potential pitfalls of *trying* to be good? Do you find yourself trying to be good to earn God's love?
3. Read Mark 7:21-23. Jesus lists several things that defile a person and explains that sin comes from the heart. How does this challenge the way we think about sin and our human nature?
4. How does recognizing that sin originates from within the heart help us see the importance of seeking deeper, internal healing instead of merely focusing on changing external actions or behaviors?

5. How does understanding sin as a sickness influence the way we view sin, whether it be committed by us, done to us, or around us? What is the relationship between healing and cultivating goodness in our lives?

WEEKLY PRACTICE

How do you know what is *good*? Isaiah 5:20 says, “Woe to those who call evil good and good evil, who put darkness for light and light for darkness.” If we want to know what’s *good*, we must go to the source of goodness. In the beginning, God is the one who declares what is good and not good. And God shares that knowledge with us through the Scriptures. As we study the Bible, we grow in our understanding of God’s goodness and how that goodness can be cultivated in us.

This week, start each day off the right way by practicing **The First 15**. The way you spend the first 15 minutes of your day matters. Instead of pulling out your phone or checking the news, spend your first 15 minutes with God by reading the Bible and praying. You can pick a book of the Bible to work through, or start meditating on a psalm. Allow this practice to center your heart and mind on the goodness of God and note how this posture changes how you move through the day and influences how you interact with others.