

Clean or Unclean?

LOWER ELEMENTARY LESSON



Theme: Our relationship with God is a matter of the heart.

Scripture: Mark 7:1-8, 14-15, 21-23

Memory Verse: "Nothing outside a person can defile them by going into them. Rather, it is what comes out of a person that defiles them." Mark 7:15

Get Ready: Click [here](#) to get your complete supply list for this lesson.

The Children's Sermon

You'll Need:

- Antibacterial wipes
- Hand sanitizer

Do This:

SAY: People today are very concerned about having clean hands. They were very bossy about the rules. Many people carry packages of wipes (show wipes) or hand sanitizer (show hand sanitizer). Keeping your hands clean is good, right? (Invite kids to quickly clean their hands using one of the products.)

The Bible tells about some Pharisees who came to Jesus. "We've noticed that some of your disciples are eating without washing their hands," they told Jesus. "Why don't they follow our tradition of washing their hands before they eat?"

"You bunch of phonies!" Jesus responded. "Isaiah must have been talking about you when he said, 'These people honor me with their lips, but their hearts are far from me.'"

Then Jesus called the people to gather around. "All of you listen. It's not what goes into your body that makes you unclean, it is the bad words that come out of your mouth. Out of your hearts come evil thoughts, greed, cheating, and envy. This is what makes you unclean."

The Pharisees were more worried about having clean hands than they were about having a clean heart. Are we any different? We work hard to keep our hands clean, but do we guard our hearts against evil thoughts? What kinds of books do we read? What kinds of TV shows and movies do we watch? What kind of language comes out of our mouth?

Clean hands or a clean heart, which is more important?

PRAY: God, forgive us for our unclean thoughts. Create in us clean hearts to honor You. In Jesus' name, amen.

Bible Memory Verse

"Nothing outside a person can defile them by going into them. Rather, it is what comes out of a person that defiles them."

Mark 7:15

You'll Need:

- **Bibles - one per child**
- **Non-latex disposable gloves**

- **A permanent marker**

Get Ready: Before class, inflate and tie off several gloves. Write a word or phrase from today's memory verse on the gloves. Mix them up on the floor.

Do This:

Lead kids in these steps:

- Invite kids to open their Bibles to Mark 7:15.
- Invite several kids to read aloud the verse.
- Explain that, without using their Bibles, they will put the gloves in order of the memory verse.
- Once the kids have it in order, take away one glove at a time as the class continues to say the verse.

SAY: Great job putting those "hands" in order of the memory verse. Now we're going to learn that the Pharisees were all super concerned with dirty hands, but Jesus had a big lesson for them about their hearts. Jesus teaches the disciples that our relationship with God is a matter of the heart.

Virtual Lesson Tip

You can do this activity with the entire family.

Bible Interactive Experience

You'll Need:

- **Bibles - one per child**
- **Butcher paper**
- **Scissors**

- **Markers**

Get Ready: Before class, cut a large heart shape out of butcher paper, one per small group.

Do This:

- Divide the class into small groups, and give each group a large heart.
- Invite kids to open their Bibles to Mark 7.
- Instruct groups to label one side of their hearts CLEAN. Explain that as you read, they'll list or draw pictures of things they heard that point to a clean heart on that side.
- On the other side of their hearts, have groups write UNCLEAN. Explain that they'll list or draw pictures representing things they hear that do not represent a clean heart.
- Slowly read aloud Mark 7:1-8, 14-15, 21-23, inviting each group to listen carefully for things that represent a clean heart and an unclean heart. Pause as kids take time to write or draw on their hearts.
- Once done, allow groups to discuss what they put on each side of their heart.

ASK:

- **What unclean things did you notice that kids like you sometimes struggle with?**
- **What meant the most to you from today's passage?**

Deep Clean

You'll Need:

- **“[Deep Clean](#)” video**
- **Something to play the video**

Do This:

Show them the video.

ASK:

- **What stood out to you about what Garrett and his dad talked about?**
- **What might you do this week to keep your heart clean?**

Heart Cookies

You'll Need:

- **Antibacterial wipes**
- **Paper plates - one per child**
- **Napkins - one per child**
- **Heart-shaped cookies - one per child**
- **Frosting**
- **Plastic knives - one per child**
- **Non-latex disposable gloves - one pair per child**
- **Sprinkles**

Do This:

Follow these steps for the “Heart Cookies” snack:

- Have kids disinfect their hands with an antibacterial wipe.
- Give each child a pair of gloves to put on.

- Give each child a paper plate, a napkin, a plastic knife, and a heart cookie.
- Invite kids to use the frosting and sprinkles to decorate their heart cookie for someone else.
- When they've finished decorating, instruct kids to deliver the cookie to another classmate. Ensure every child gets a cookie to eat.
- Enjoy.

SAY: Our relationship with God is a matter of the heart. We can have clean hands, but what matters most to God is our hearts.

Glove Relay

You'll Need:

- **Boxes of non-latex disposable gloves - one box per team**

Do This:

To play the "Glove Relay" game, have kids follow these steps:

- Form two teams.
- Instruct the children to run to a box of disposable gloves, put one glove on each hand, and run back and tag the next person on the team.
- The first team to have every team member with disposable gloves on, wins.

ASK:

- **Tell about some ways people worry more about what's on the outside rather than what's inside our hearts.**

SAY: Jesus said “Nothing outside a person can defile them by going into them. Rather, it is what comes out of a person that defiles them.” It’s important for us to really look at what is coming out of us and think about whether it helps people see Jesus.

Clean Jars

You’ll Need:

- [Clean or Unclean? How-to video](#)
- Glass jars - one per child
- Colorful tissue paper
- Mod Podge
- Foam brushes - one per child
- Battery-powered tealight candles - one per child
- Pens - one per child

Get Ready: Before class, tear up the colorful tissue paper into 1-2-inch scraps, and pile them in the center of the table.

Do This:

Follow these steps to make the “Clean Jars” craft:

- Give each child a pen, and invite them to write words that represent a clean heart on the scraps of tissue paper, such as: honest, patient, kind, caring, courteous, gentle, etc.
- Invite kids to use their foam paint brushes to apply Mod Podge to the outside of their glass jars.
- Have kids place their tissue paper scraps on the glass jar.

- Add additional tissue paper to cover any gaps, and finish with another layer of Mod Podge on top of the tissue paper.
- Allow to dry.
- Turn on the tealight candles and place them in the jars.
- Turn off the overhead lights so kids can view their clean candles and notice how the words they wrote are illuminated.

ASK:

- **Tell about someone in your life who is a great example of a clean heart.**
- **If you think about your life as the jar, what kinds of things do you think shine through for others to see?**

SAY: The light in your jar really shines through and shows what is most important for a clean heart and life.

Virtual Lesson Tip

Have kids share their jars and some of the qualities of a clean heart that they wrote on their tissue paper.

Heart Prayers

You'll Need:

- **Construction paper**
- **Pens - one per child**
- **Scissors**

Get Ready: Before class, cut large hearts out of construction paper, one for each child.

Do This:

- Give each child a heart and a pen.
- Invite them to write an honest prayer to God about their heart.

PRAY: Dear God, sometimes we're like the Pharisees. We can become more concerned about looking good and going through the motions than with what is coming out of our lives. We ask You to search our hearts and help us have pure hearts in Your sight. In Jesus' name, amen.

Time to Praise God

You'll Need:

- Song: "Cleanse Me"
[Words and Music](#)
[Accompaniment Track](#)
- Song: "Into My Heart"
[Words and Music](#)
[Accompaniment Track](#)

SAY: Today we learned that a clean heart is more important than clean hands. As we worship God through song, let's sing these words as a prayer. May God create in us clean hearts.

Lead children in singing "Cleanse Me" and "Into My Heart."

If You Have Extra Time...

Use these activity sheets to fill in any time and keep kids learning.

- [Coloring page](#)
- [Fill in the Blank](#)
- [Word Search](#)

Complete Supply List:

- [Antibacterial wipes](#)
- [Hand sanitizer](#)
- Bibles - one per child
- [Non-latex disposable gloves](#)
- A permanent marker
- Butcher paper
- Scissors
- Markers
- "Deep Clean" video
- Something to play the video

- [Paper plates](#) - one per child
- [Napkins](#) - one per child
- Heart-shaped cookies - one per child
- Frosting
- Plastic knives - one per child
- Sprinkles
- Boxes of disposable gloves - one box per team
- Glass jars - one per child
- Colorful tissue paper
- [Mod Podge](#)
- [Foam brushes](#) - one per child
- [Battery-powered tealight candles](#) - one per child
- Pens - one per child
- Construction paper

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AT HOME LESSON

Theme: Our relationship with God is a matter of the heart.

Scripture: Mark 7:1-8, 14-15, 21-23

Get Ready: Click [here](#) to get your complete supply list for this lesson.

The Children's Sermon

You'll Need:

- Antibacterial wipes
- Hand sanitizer

Do This:

SAY: People today are very concerned about having clean hands. Many people carry packages of wipes (show wipes) or hand sanitizer (show hand sanitizer). **Keeping your hands clean is good, right?** (Invite kids to quickly clean their hands using one of the products.)

The Bible tells about some Pharisees who came to Jesus. They were very bossy about the rules. "We've noticed that some of your disciples are eating without washing their hands," they told Jesus. "Why don't they follow our tradition of washing their hands before they eat?"

"You bunch of phonies!" Jesus responded. "Isaiah must have been talking about you when he said, 'These people honor me with their lips, but their hearts are far from me.'"

Then Jesus called the people to gather around. "All of you listen. It's not what goes into your body that makes you unclean, it is the bad words that come out of your mouth. Out of your hearts come evil thoughts, greed, cheating, and envy. This is what makes you unclean."

The Pharisees were more worried about having clean hands than they were about having a clean heart. Are we any different? We work hard to keep our hands clean,

but do we guard our hearts against evil thoughts? What kinds of books do we read? What kinds of TV shows and movies do we watch? What kind of language comes out of our mouth?

Clean hands or a clean heart, which is more important?

PRAY: God, forgive us for our unclean thoughts. Create in us clean hearts to honor You. In Jesus' name, amen.

Deep Clean

You'll Need:

- "[Deep Clean](#)" video
- Something to play the video

Do This:

Show them the video.

ASK:

- What stood out to you about what Garrett and his dad talked about?
- What might you do this week to keep your heart clean?

Heart Cookies

You'll Need:

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- **Non-latex disposable gloves - one pair per child**
- **Sprinkles**

Do This:

Follow these steps for the “Heart Cookies” snack:

- Have kids disinfect their hands with an antibacterial wipe.
- Give each child a pair of gloves to put on.
- Give each child a paper plate, a napkin, a plastic knife, and a heart cookie.
- Invite kids to use the frosting and sprinkles to decorate their heart cookie for someone else.
- When they’ve finished decorating, instruct kids to deliver the cookie to another person. Ensure every child gets a cookie to eat.
- Enjoy.

SAY: **Our relationship with God is a matter of the heart. We can have clean hands, but what matters most to God is our hearts.**

Clean Jars

You'll Need:

- [Clean or Unclean? How-to video](#)
- **Glass jars - one per child**
- **Colorful tissue paper**
- **Mod Podge**
- **Foam brushes - one per child**
- **Battery-powered tealight candles - one per child**
- **Pens - one per child**

Get Ready: Beforehand, tear up the colorful tissue paper into 1-2-inch scraps, and pile them in the center of the table.

Do This:

Follow these steps to make the "Clean Jars" craft:

- Give each child a pen, and invite them to write words that represent a clean heart on the scraps of tissue paper, such as: honest, patient, kind, caring, courteous, gentle, etc.
- Invite kids to use their foam paint brushes to apply Mod Podge to the outside of their glass jars.
- Have kids place their tissue paper scraps on the glass jar.
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- Allow to dry.
- Turn on the tealight candles and place them in the jars.
- Turn off the overhead lights so kids can view their clean candles and notice how the words they wrote are illuminated.

ASK:

- **Tell about someone in your life who is a great example of a clean heart.**
- **If you think about your life as the jar, what kinds of things do you think shine through for others to see?**

SAY: The light in your jar really shines through and shows what is most important for a clean heart and life.

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Bible Interactive Experience

You'll Need:

- Bibles - one per child
- Construction paper - one per child
- Markers

Get Ready: Beforehand, draw a large heart on each child's construction paper.

Do This:

- Give each child a piece of construction paper and a marker.
- Invite kids to open their Bibles to Mark 7.
- Instruct children to label one side of their heart as CLEAN. Explain that as you read, they'll list or draw pictures of things they heard that point to a clean heart on that side.
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