

The First Reading: Deuteronomy 4:1, 2, 6-9

Hear now, O Israel, the decrees and laws I am about to teach you. Follow them so that you may live and may go in and take possession of the land that the Lord, the God of your fathers, is giving you. ² Do not add to what I command you and do not subtract from it, but keep the commands of the Lord your God that I give you. Observe them carefully, for this will show your wisdom and understanding to the nations, who will hear about all these decrees and say, “Surely this great nation is a wise and understanding people.” ⁷ What other nation is so great as to have their gods near them the way the Lord our God is near us whenever we pray to him? ⁸ And what other nation is so great as to have such righteous decrees and laws as this body of laws I am setting before you today? ⁹ Only be careful, and watch yourselves closely so that you do not forget the things your eyes have seen or let them slip from your heart as long as you live. Teach them to your children and to their children after them.

The Second Reading: Ephesians 6:10-20

Finally, be strong in the Lord and in his mighty power. ¹¹ Put on the full armor of God so that you can take your stand against the devil’s schemes. ¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. ¹³ Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. ¹⁴ Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God. ¹⁸ And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints. ¹⁹ Pray also for me, that whenever I open my mouth, words may be given me so that I will fearlessly make known the mystery of the gospel, ²⁰ for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

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The Gospel Reading: Mark 7:1-8, 14, 15, 21-23

The Pharisees and some of the teachers of the law who had come from Jerusalem gathered around Jesus and ² saw some of his disciples eating food with hands that were “unclean,” that is, unwashed. ³ (The Pharisees and all the Jews do not eat unless they give their hands a ceremonial washing, holding to the tradition of the elders. ⁴ When they come from the marketplace they do not eat unless they wash. And they observe many other traditions, such as the washing of cups, pitchers and kettles.)

⁵ So the Pharisees and teachers of the law asked Jesus, “Why don’t your disciples live according to the tradition of the elders instead of eating their food with ‘unclean’ hands?”

⁶ He replied, “Isaiah was right when he prophesied about you hypocrites; as it is written:

“ ‘These people honor me with their lips,
but their hearts are far from me.

⁷ They worship me in vain;
their teachings are but rules taught by men.’

⁸ You have let go of the commands of God and are holding on to the traditions of men.”

¹⁴ Again Jesus called the crowd to him and said, “Listen to me, everyone, and understand this. ¹⁵ Nothing outside a man can make him ‘unclean’ by going into him. Rather, it is what comes out of a man that makes him ‘unclean.’”

²¹ For from within, out of men’s hearts, come evil thoughts, sexual immorality, theft, murder, adultery, ²² greed, malice, deceit, lewdness, envy, slander, arrogance and folly. ²³ All these evils come from inside and make a man ‘unclean.’”

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