

**TRAIL MARK**

*A Worship Series in the Gospel of Mark*

**“INSIDE TRAIL”**

**Mark 7:1-4**

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**Mark 7:5-13**

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**Mark 7:14-15**

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**MARK 7:17-23**

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## TO CONTINUE THE CONVERSATION

Spend some time on the INSIDE TRAIL with these quotes:

*"The way to conquer sin is not by working hard to change our deeds, but by trusting Jesus to change our desires." (David Platt)*

*"In prayer, it is better to have a prayer with no words than a prayer with no heart."*

*I know that I need to walk the INSIDE TRAIL often.*

*More slowly.*

*More quietly, to listen to the Spirit and the Word of God.*

*More humbly.*

*More patiently.*

*More devotedly.*

*More thankful to Jesus Christ who walks with me.*

What **INSIDE TRAIL** walking will you do this week?

How will you walk that **INSIDE TRAIL**?

What **HOLY HABITS** will guide you?



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