When you come to worship at St Peter's, are you conscious of the loving eyes of God upon you?

The Eucharistic hymn, 'Humbly we adore you', calls us to become lost in wonder at God in worship:

Godhead here in hiding, whom I do adore, Masked by these bare shadows, shape and nothing more, See, Lord, at thy service low lies here a heart, Lost, all lost in wonder at the God Thou art.

In our Gospel today, Jesus' engages the rulers of his day in vigorous discussion, in which he is offering them some very down to earth teaching on the question of corruption. Jesus' gets to the heart of the matter – how to understand sin and guilt.

As you listen to the Gospel again, how do you feel, as you listen to Jesus speaking?

'Do you not see that whatever goes into a person from outside cannot corrupt, since it enters, not the heart but the stomach, and goes out into the sewer?' (Thus he declared all foods clean.) And he said, 'It is what comes out of a person that corrupts. For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they corrupt a person.'

Jesus points to the human heart, as the origin of human sin. Jesus is calling us, to turn away from our sins. Jesus is calling us, to turn to him, who forgives our sins. How might Jesus be speaking to you today, as we begin our Lenten journey? How do his words connect, with your experience, of sin, and of forgiveness?

The call to follow Jesus, is confronting, and liberating. How is Jesus confronting you? What is he liberating you from? As you listen to Jesus words once more:

'Then Jesus called the crowd again and said to them, 'Listen to me, all of you, and understand: there is nothing outside a person that by going in can corrupt, but the things that come out are what corrupt.'