

Cleanse the Inner Vessel

PURPOSE

To illustrate the importance of being clean in our hearts and minds

MATERIALS

- A mug or glass that you cannot see through
- Apple juice or a delicious drink of some kind



LESSON IDEAS

1. Prior to the lesson smear mud on the inside of the mug (keep the outside of the mug very clean). Place the mug in a position where the mud on the inside cannot be seen.
2. Hold up the apple juice and ask if anyone would like some. Explain that the volunteer is welcome to pour himself/herself a nice drink using the mug. When the person begins to pour the drink he/she will notice the mud on the inside of the glass and (hopefully!) refuse to pour any in.
3. Ask why the person does not pour the drink. Have him/her show the inside to the rest of the group.
4. Invite the group to read Matthew 23:25-26 and be ready to explain how it relates to the mug.
 - a. Invite someone to explain.
 - b. Ask what a *hypocrite* is. (The word literally means *play actor*.) You may also want to point out the explanation in the footnotes for the words *extortion* and *excess*.
5. Help your listeners understand that Heavenly Father is not pleased when we only concern ourselves with how we appear to people. We must strive to be clean on both the outside and the inside.
6. You may want to share the following quote:
 - a. President Ezra Taft Benson said, “My beloved brothers and sisters, as we cleanse the inner vessel, there will have to be changes made in our own personal lives, in our families, and in the Church. The proud do not change to improve, but defend their position by rationalizing. Repentance means change, and it takes a humble person to change. But we can do it” (*Ensign*, May 1986, p. 7).