Matthew 15:16-20

¹⁶ "Are you still so dull?" Jesus asked them. ¹⁷ "Don't you see that whatever enters the mouth goes into the stomach and then out of the body? ¹⁸ But the things that come out of a person's mouth come from the heart, and these defile them. ¹⁹ For out of the heart come evil thoughts—murder, adultery, sexual immorality, theft, false testimony, slander. ²⁰ These are what defile a person; but eating with unwashed hands does not defile them."

(New International Version (NIV))