



"Say What You Mean"
Week 5 in an 11-week Series

Preached: October 12, 2025
Scripture: Matthew 5:33-37
Series: "Sermon on the Mount"

SECTION 1 – READ MATTHEW 5:33-37 OUT LOUD TOGETHER

SECTION 2 – GROWTH GROUP QUESTIONS

1. What does Jesus mean when He says, "Let your 'Yes' be 'Yes' and your 'No' be 'No'"? How is this different from the Oath system the Pharisees used?
2. Why do you think Jesus critiques not just lying, but the whole practice of swearing oaths frequently? What heart issue is He addressing?
3. Why do you think people (including yourself) are tempted to "bend the truth" or make promises they can't keep? What are they trying to gain by doing that?
4. Can you think of a time when you made a promise or commitment that you didn't keep? What was the result, and what did you learn from it?
5. In what ways did the Pharisees misuse the Old Testament teachings about oaths (Leviticus 19, Numbers 30)? How does Jesus correct their understanding?

6. How can we cultivate a lifestyle of integrity, so that people know our word is trustworthy and we don't need to swear an oath for them to believe us?
7. What steps can you take this week to become more mindful of the promises that you have made – to your family, church, co-workers and to God?
8. Sean mentioned two life-defining oaths that he has taken; one to God and one to his wife Jillian. What are the core oaths that you have taken in your life, and how are you honoring them with integrity and truthfulness?

SECTION 3 – PRAYER

You have all shared about the core oaths you have taken and the need for honesty and integrity in our lives; now take a moment to lift those commitments up to God. Ask God to give each member of your group the strength to live up to the oaths you have made. Ask God to show you places in your life where your words and your commitment haven't always lined up. Pray and ask God to help you become a person who says what they mean with truth and integrity.

SECTION 4 – SPIRITUAL PRACTICE

Think about the core oaths that you have taken. Reflect on them, and the ways that you can keep and honor those oaths. Consider the many opportunities that you have every day to be honest and humble with your words. Ask God to use His Holy Spirit to create in you a "pause" when you are faced with the temptation to tell a small lie or untruth. Ask God's Spirit to help you to let your yes be yes and your no be no.

SECTION 5 – ADDITIONAL RESOURCES

In 2024, the Bible Project spent the entire year focused on the Sermon on the Mount. During our study and reflection, I will identify specific resources from them that can expand your perspective on the ins and outs of the words of Jesus. The following gives a good overview of Matthew 5:33-37.

<https://bibleproject.com/videos/matthew-5-33-37-oaths/>