

## LifeGroup Discussion Sheet: All Things Love – Oaths & Integrity

Matthew 5:33-37 (Sermon on the Mount series)

### Icebreaker (5-8 minutes)

Share a light-hearted (or not-so-light) story:

*“What’s the most ridiculous promise or ‘I swear’ statement you’ve ever made or heard as a kid or adult?”*

### Discussion Questions

#### 1. Understanding the Text (10-15 minutes)

- What Old Testament principles was Jesus affirming in verse 33? (See Leviticus 19:12, Numbers 30:2, Deuteronomy 23:21)
- How had the religious leaders twisted God’s command into a system of loopholes? Why do you think they did this?
- Jesus says we shouldn’t swear by heaven, earth, Jerusalem, or even our own head. What is the common thread in all these examples? What does this reveal about God’s sovereignty over every part of life?

#### 2. Modern Application – Our Everyday “Oaths” (10-15 minutes)

- The sermon mentions common phrases like “I swear to God,” “I swear on my life,” or even casually saying “I’ll pray for you” without follow-through. Where do you see people (including yourself) adding extra words to sound more believable today?
- Share a time when someone’s “yes” turned out not to be yes (or “no” not to be no) and how it affected trust in that relationship.
- The sermon gives a church scenario about breaking confidentiality. Why is gossip or “sharing under the table” especially damaging in the body of Christ? How does this connect to “All Things Love”?

#### 3. Heart-Level Issues (10-15 minutes)

- Jesus says anything beyond a simple yes or no “comes from evil.” What does this suggest about the root of our tendency to exaggerate, over-promise, or use verbal loopholes?
- How does this teaching expose areas where we still try to manage our image rather than live transparently before God and others?
- The sermon emphasizes that this isn’t just about courtrooms or formal vows—it applies to parenting promises, answering “How are you?” at church, workplace commitments, etc. Which area feels most convicting for you personally right now?

#### 4. Gospel Connection & Hope (10 minutes)

- Where do we see Jesus perfectly living out “let your yes be yes”?
- How does the gospel (Jesus keeping the ultimate promise by giving His life for us) free us from the pressure of performing perfect integrity on our own strength?
- How does being “wholly dependent upon His imputed righteousness” both challenge us and give us great comfort?

#### Life Application / Action Steps (This Week)

Choose **one** to focus on:

1. **Simple Speech Challenge:** This week, intentionally avoid phrases like “I swear,” “honestly,” or “to be real with you” when trying to emphasize truth. Let your normal yes and no carry the weight.
2. **Follow-Through Audit:** Look at your calendar or recent conversations. Is there a promise or commitment you’ve made (to family, friends, or church) that you need to fulfill or humbly correct?
3. **Transparency Practice:** When someone asks how you’re doing, give an honest but appropriate answer instead of the automatic “I’m fine.” Consider asking one trusted person to pray with you about a real struggle.
4. **Prayer for Integrity:** Ask the Holy Spirit to reveal any small areas of deceit or exaggeration in your life and to make your words a reflection of Christlike love.

#### Prayer Time

- Thank God for Jesus, who perfectly kept every promise and whose “yes” to the cross secured our salvation.
- Confess areas where our words have lacked integrity.
- Ask the Holy Spirit to produce truthful speech and trustworthy character in us as a demonstration of God’s love.
- Pray for one another using the specific applications shared tonight.

#### Memory Verse for the Week

“Let what you say be simply ‘Yes’ or ‘No’; anything more than this comes from evil.” — Matthew 5:37

**Next Week:** Continue in the Sermon on the Mount “–All Things Love” series (Retaliation / Enemy Love – Matthew 5:38-48)