



# Cross My Heart

Matthew 5:33-37  
July 19, 2026

**Jesus calls His followers to live lives of radical truthfulness and integrity.**

**Answers to the fill in the blanks, extra Bible verses and study questions**

Say what you mean and mean what you say

Imitate God's character by being truthful

Be a person of integrity

## **Study Questions to Go Deeper with God:**

Read Matthew 5:33-37. In these five verses, Jesus is calling His disciples to live lives of radical truthfulness and integrity. This sounds simple. So why is it so difficult?

Read Matthew 23:16-22 for some additional context to the oaths that Jesus' audience may have been making, including which oaths legally needed to be kept and which did not. Read the entire chapter (Matthew 23) to see how the religious leaders of the day were leading the people astray.

In calling out the duplicity of the Pharisees, Jesus is calling us to be people of integrity, people whose inner hearts are aligned with their outer words and actions. Read through the Bible book of James, written by the younger half-brother of Jesus, to see what a life of integrity looks like.

In a world in which we may not know who we can trust, we can rest in the knowledge that God is not only true, He *is* Truth! Read the following verses and discuss how God in all three persons – Father, Son, and Holy Spirit – is Truth: John 17:17; Hebrews 6:18; John 14:6; 1 John 5:6; and John 16:13.