



Session #4— February 22, 2026

Title: Yes or No

Theme: Real Love in a Distracted World

Scripture: Matthew 5:33-37 (NIV)

Objective: During this session, the learner will recognize the need to cultivate a life where a simple yes or no is sufficient, reflecting God's truthfulness, and building trust in our relationships.

Outreach from Previous Week:

What is one way you can ensure that your life is in agreement with God's will?

Training Text: Matthew 5:33-37 (NIV)

³³ “Again, you have heard that it was said to the people long ago, ‘Do not break your oath, but fulfill to the Lord the vows you have made.’ ³⁴ But I tell you, do not swear an oath at all: either by heaven, for it is God’s throne; ³⁵ or by the earth, for it is his footstool; or by Jerusalem, for it is the city of the Great King.

³⁶ And do not swear by your head, for you cannot make even one hair white or black. ³⁷ All you need to say is simply ‘Yes’ or ‘No’; anything beyond this comes from the evil one.

Scripture Discussion | Matthew 5:33

- How does verse 33 guide us in making and keeping promises today?
- Why does Jesus emphasize truthfulness?

over, please



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Scripture Discussion | Matthew 5:34-35

- What did Jesus forbid?
 - Why does Jesus advise against swearing oaths at all?
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Scripture Discussion | Matthew 5:36-37

- What does it mean not to swear by your head?
 - Why does Jesus say that all we need to say is yes?
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Discussion Questions:

- What is the difference between the law “do not break your oath” and Jesus’ command “do not swear at all?”
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- How can a simple, truthful “yes” or “no” become a powerful witness in a dishonest world?
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- In what areas of your life (e.g., marriage, work, friendships) do you need to improve your integrity to reflect God’s truthfulness?
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Next Week’s Scripture: Hebrews 11:1-6 (NIV)

Outreach:

Ask two people the following question: In what one area of your life (e.g., marriage, work, friendships) do you need to improve your integrity to reflect God’s truthfulness?

Report your results in the group next week.