



## 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.

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### Outreach from Previous Week:

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

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

<sup>33</sup> "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.'<sup>34</sup> But I tell you, do not swear an oath at all: either by heaven, for it is God's throne;<sup>35</sup> or by the earth, for it is his footstool; or by Jerusalem, for it is the city of the Great King.<sup>36</sup> And do not swear by your head, for you cannot make even one hair white or black.<sup>37</sup> All you need to say is simply 'Yes' or 'No'; anything beyond this comes from the evil one.

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### 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?

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Report your results in the group next week.