



Yes, yes. No, no.

Date : 3/19/2023

Key Scriptures : Matthew 5:33-37

LECTIO DIVINA/ STUDY GUIDE

Reading & Prayer

Yes, yes. No, no.

33 Again, you have heard that the ancients were told, “You shall not make false vows, but shall fulfill your vows to the Lord.” 34 But I say to you, make no oath at all, either by heaven, for it is the throne of God, 35 or by the earth, for it is the footstool of His feet, or by Jerusalem, for it is the city of the great king. 36 Nor shall you make an oath by your head, for you cannot make one hair white or black. 37 But let your statement be “Yes, yes” or “No, no”; anything beyond these is of evil.

start reading. read together the main scripture for this study

Reading #1

In reading these verses of scripture, what would you circle, highlight, or underline as important to know or understand? Is there anything you noticed for the first time?

What is one word or phrase the Holy Spirit impresses on you? In silence meditate on that.

start thinking. ask a thoughtful question

Jesus' teaching of let your "Yes be yes and No be no" is about growing in honesty and truthfulness, without the need to over exaggerating our communication with "swearing, vows, or oaths."

James reiterates Jesus teaching in **James 5:12**, and Paul in **Ephesians 4:25** says, "*Therefore, laying aside falsehood, speak truth each one of you with his neighbor, for we are members of one another.*" Peter also addresses honesty through speaking about deceit, first about Jesus saying (**2:21-22**), "*21 For you have been called for this purpose, since Christ also suffered for you, leaving you an example for you to follow in His steps, 22 who committed no sin, nor was any deceit found in His mouth*" and about our growth in **3:8-12** saying, "*8 To sum up, all of you be harmonious, sympathetic, brotherly, kindhearted, and humble in spirit; 9 not returning evil for evil or insult for insult, but giving a blessing instead; for you were called for the very purpose that you might inherit a blessing. 10 For, 'The one who desires life, to love and see good days, must keep his tongue from evil and his lips from speaking deceit. 11 He must turn away from evil and do good; He must seek peace and pursue it.'*"

Why do you think Jesus is re-teaching his disciples and the crowd about the value of honesty and truthfulness?

What does it mean to have a congruent heart, where your external "yes" matches an internal "yes"?

start sharing. engage it with your story

Reading #2

What specific situation in your life today relates? Write down a prayer or pray quietly.

What did the Holy Spirit speak to you personally about during the sermon? Was there anything that caught your attention, challenged or confused you?

Has dishonesty or deceit ever been used a protective mechanism in your life?

Have you ever been affected by another persons dishonesty or deceit?

start practicing. commit to a next step and live it out this week

What is Jesus' personal invitation to you from the Scripture? You can write down what God may be saying to you or a prayer of thanks. Or simply rest quietly in the Spirit of Jesus' presence.

How can you begin to practice truthfulness in everyday life, both to yourself (yes, yes, no, no) and toward others?

start praying. be bold and pray with power

prayer requests: