



In Matthew 5:31–37, Jesus connects the covenant promises of marriage with the ordinary commitments we make every day. Marriage demonstrates the weight our words can carry, but Jesus does not allow integrity to remain at the wedding altar. He brings it into our homes, friendships, workplaces, and every conversation we have. Rather than searching for technical loopholes or relying on exaggerated promises to make our words believable, Kingdom people are called to speak truthfully, honor their commitments, and become people whose simple “yes” or “no” can be trusted. We will not always do this perfectly, but our hope rests in Jesus, the faithful One.

1. The sermon began with Neal talking about making pinky promises as a child. Did you ever use a pinky promise to convince someone that you were serious? Talk about how we use language to convince people we are committed to something.
2. Read **Matthew 5:31–32**, **Deuteronomy 24:1–4** and **Matthew 19:3–9**. What distinction does Jesus make between what Moses permitted because of hard hearts and God’s original intention for marriage?
3. Read **Ephesians 5:21–33**. What does the relationship between Christ and the Church teach us about covenant faithfulness in marriage? How can Coastline, no matter our relational status, help honor marriage and support healthy relationships?
4. Read **Matthew 5:33–36**. Jesus mentions heaven, earth, Jerusalem, and even a person’s head. What is He teaching about God’s presence and ownership over every part of life? What modern verbal loopholes do people use to avoid responsibility for their words?
5. The Old Testament teaches us about teach us about vows and commitments. Read: **Leviticus 19:12**, **Numbers 30:2**, and **Ecclesiastes 5:4–6**. Why is it important to think carefully before giving someone our word?
6. Excitement, pressure, fear of disappointing others, and people-pleasing can cause us to say yes too quickly. What makes it difficult for you to set boundaries or make wise commitments? What could help you pause before answering?



7. Read Read **Matthew 5:37** and **James 5:12**. What does it mean to let your “yes” be yes and your “no” be no? What would change in our families, friendships, workplaces, and church if people could consistently trust our words?
8. Close your time praying for wisdom to live the life Jesus invites us to!