

# I swear it's true!

Matthew 5:33-37

<sup>33</sup>“Again, you have heard that it was said to the people long ago, ‘Do not break your oath, but keep the oaths you have made to the Lord.’ <sup>34</sup>But I tell you, Do not swear 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>Simply let your ‘Yes’ be ‘Yes,’ and your ‘No,’ ‘No’; anything beyond this comes from the evil one.<sup>1</sup>

## ❖ Keep your promise to God (33)

Don't be guilty of doubletalk

## ❖ “Cross my heart and hope to die” (34-36)

Because God witnesses everything we say,  
we don't need to call on God to witness what we say

## ❖ Live with integrity (37)

An oath is a poor substitute for integrity

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<sup>1</sup> *The Holy Bible: New International Version*. electronic ed. Grand Rapids : Zondervan, 1996, c1984