

4. Consider these five ways we need to keep our commitments, and answer the following: (1) Which is the most challenging for you today? Why? (2) Name one or two specific behaviors, relationships, or attitudes that might change in light of this.

1) **Honoring the spirit behind our words and not getting out by technicalities.**

2) **Not making our commitments the same as good intentions.**

For further thought: Read Ecclesiastes 5:4-7. How does promising more than we can deliver an outgrowth or pride and/or the fear of man?

3) **Not implying false vows by our behavior or by things we say indirectly.**

4) **Honoring the people behind our commitments.**

For further thought: (1) Do you tend to wait for a better option before fully committing to an obligation or relationship? How would believing that God holds the key to your success, and that he often gives surprising gifts through unexpected people and situations, help you not to bail out or make half-hearted commitments? (2) Why do the powerless—e.g., the poor, disenfranchised, or children—tend to get most hurt by broken promises? How is the story of Jesus a reversal of this pattern, the most powerful fulfilling his promise to the least?

5) **Saying “no” and believing you don’t have to do everything, nor can you.**

For further thought: Do you need to learn how to embrace your human, God-given limits better? What could this look like in your daily life?

5. Jesus is simply saying that “every word of a Christian should be considered an oath.” What impact would living a life of faithfulness and integrity — doing what we say we’ll do, showing up when we say we’ll show up, keeping our word — have on people around us? On our workplace environment? What might it cost you to live this way?