

**Key Scriptures: James 5:12; James 3:2; Matthew 5:33-37; Matthew 21:28-31**

**1. Start talking. Find a conversation starter for your group.**

- What is a famous quote that you wish you had thought of first? (Movie, TV, book, history, etc. Feel free to google it so that you can quote it exactly and credit whoever said it originally.)
- What do you think is the best part of your quote? (Is it wise? Funny? Poignant? From someone you admire? Etc.)

**2. Start thinking. Ask a question to get your group thinking.**

- When someone says they'll do something, but they don't, you can: 1. trust them. 2. distrust them. or 3. become suspicious of their motives. When this happens to you, who/what kind of person would you: 1. Trust. 2. Distrust and 3. Be suspicious of. Why?
- James 5:12 indicates that what we say is really important, "...All you need to say is a simple "Yes" or "No." Otherwise, you will be condemned." What kind of trouble did James warn us our tongue (what we say) could get us into earlier in his letter? (Check out Chapter 3)
- What kind of swearing is James talking about in verse 12? How does Jesus' Sermon on the Mount help clear this up? (Matthew 5:33-37)

**3. Start sharing. Choose a question to create openness.**

- On a scale of 1 (Not trustworthy at all) to 10 (ALWAYS keep your word), what reputation do you have for following through with what you say you will do? (Choose which applies) With 1. Your friends? 2. Your spouse? 3. Your parents? 4. Your children? 5. Your siblings? 6. Your teammates/co-workers? 7. Your boss?
- Trust is the foundation upon which every meaningful relationship is built upon. What are the most meaningful relationships in your life? How could their trust in you grow?
- Trust affects nearly every decision that we make. We check reviews before we choose where to eat, who to hire, and even who we vote for... what five positive things would a Yelp review say about you? What negative thing would be included in your review? How would always telling the truth affect any of those reviews?
- Matthew 21:28-31 tells the Parable of the Two Sons. Why was it that the first son did what his father wanted? Even if we choose poorly at first, can we repent and still please God? Why is that?

**4. Start praying. Be bold and pray with power.**

- Pray for an area of your life that you can commit to God.
- Pray for God's strength and wisdom to keep that commitment to Him.
- Pray for the relationship(s) in your life that lack the most trust in you and choose to commit to being honest with them so that trust can grow.

**5. Start doing. Commit to a step and live it out this week.**

- There are about 7 weeks left before the New Year. Write down your commitment to God. Trust Him to lead you to make whatever commitment He wants you to make. And then trust Him to help you keep that commitment.
- Put it in a place where you can be reminded to KEEP your commitment to God.