

HEART CREW

DISCUSSION GUIDE

These questions are designed to help Crews discuss the weekend teaching while building relationships with each other and applying God's Word to our lives.

Oct 10-11, 2026

MESSAGE NOTES

WARM UP



Have you ever agreed to something and immediately wished you hadn't? What happened?

We often hear the phrase, "That's only fair." What does fairness look like to you?

KNOW IT



Read Matthew 5:33-37

Rather than simply telling us to honor our oaths, Jesus tells us not to swear oaths at all. Instead, let our "yes" be yes and our "no" be no.

- **Have you ever said "yes" when you didn't really mean it? How might being more intentional with our "yes" and "no" affect the commitments we make?**
- **When we make an oath, what are we actually claiming? Why do you think Jesus tells us not to make them?**



Love Our Schools Day

**Now read Matthew 5:38-42**

Jesus challenges the idea of responding to wrong with “equal” retaliation. Instead, He tells us to turn the other cheek, go the extra mile, and to give more than is required.

- **Choosing not to retaliate can often feel like we're allowing the other person to “get away with it.” Jesus challenges that way of thinking. What might Jesus want us to understand here?**
- **Jesus doesn't ask us to pretend we haven't been hurt, but He does challenge how we respond when we are. What changes when someone else's actions no longer determine our response?**
- **Jesus tells us to go a second mile when only one is required. How might choosing to go beyond what's expected impact those around us and shape who we are becoming?**

Read James 3:3–12

Our words often reveal more of our hearts than we realize. James invites us to let what comes out of our mouths reflect who we are becoming on the inside.

- **When are you most likely to lose your filter or speak from frustration rather than wisdom?**
- **What would it look like to use your words to bring life into that situation?**

**Read Philippians 2:14–15 & 2 Corinthians 12:9**

Our words shape more than we realize. They can create a culture of complaining or become a source of gratitude, encouragement, and trust. We will not get it right every time, but Jesus meets us in our weakness and continues forming us to reflect Him.

- What kind of culture are your words creating around you?
- What is one place where Jesus may be inviting you to replace complaining with gratitude, encouragement, or trust?

This week, I will use words to bless _____
(someone you work with, family member, my family in Christ)