

# Simple Truth and Trust

Matthew 5.33-37

## Key Points:

- Trusting God can be difficult sometimes but we have all been created to Trust Him. One of the ways in which we can make this harder for ourselves is by over-complicating things. The thoughts of 'what if', 'if only', and 'can God *really* do that' fall into this category. We're called to a simple child-like trust of God.
- Jesus addresses this idea of simplicity in the context of vows and oaths. Vows are only required if the trust between two people has been broken, and represent an example of over-complication. Jesus then presents an alternative, Kingdom, view of reality where vows aren't required at all if Simple Truth is practiced. Simple Truth is saying what you mean, and meaning what you say - and in doing so honours others and points them towards Jesus.
- God has been practising Simple Truth since the beginning of time, so there is no reason to mistrust Him! Simple Trust begins with choosing to believe what God says about Himself and about us - even when it doesn't feel or appear true.
- Throughout the Bible, God declares Simple Truths about Himself and about us. E.g. God is good [Psalm 119.68], God is powerful [Psalm 36.5], we are loved [John 3.16] and we can do all things through Christ [Philippians 4.13]. Our challenge is to choose to believe them, especially when we're struggling to trust God. One way of doing this is to [c.f. 2 Corinthians 10.4-5]
  - Stop
  - Remember what God says is true
  - Declare God's truth [out loud if possible!]

## Questions:

1. When do you find it hardest to trust God?
2. Is God trustworthy? What Biblical evidence is there for this? What about examples in your own lives?
3. Have you experienced people letting you down, not fulfilling a promise? Or have you let people down? What affect did it have on your relationship?
4. What's so bad about bringing God's name into a vow? [C.f. Mt 5.34-36]
5. Jesus tells us to "*just say a simple, 'Yes, I will,' or 'No, I won't.'*" (Mt 5.37). Is this hard for you, or does it come naturally? Why?
6. What might practising Simple Truth look like for you tomorrow?
7. Jesus finishes, "*Anything beyond [simplicity] is from the evil one.*" (Mt 5.37) What does he mean? What might that mean for us?
8. What are some of God's Simple Truths that you struggle to believe right now? These could be truths about God or about you. Why is it a struggle to believe them? What might you do about it? [Hint - recognising the lie that we've believed instead is a good place to start! We can deal with that by repentance, and replacing the lie with God's truth]
9. Remembering and declaring God's Truths at times when we're struggling to trust God can be helpful. Are there ways you find helpful of remembering God's Truths? Share with group.