



GUIDED BIBLE STUDY

Integrity, Boundaries, and Time with God

Speakers: John and Mercedes

Highlighted Scripture

Matthew 5:37

“Let what you say be simply ‘Yes’ or ‘No’; anything more than this comes from evil.”

Luke 5:16

“But Jesus often withdrew to lonely places and prayed.”

Discussion Questions

- 1. What does Jesus mean when He says to let your “yes” be yes and your “no” be no?**
- 2. Why is it often easier to keep commitments to others than commitments to ourselves?**
- 3. What can we learn from Jesus regularly withdrawing to pray, even with all the demands around Him?**
- 4. How can constantly saying “yes” to others actually pull us away from God’s purpose?**
- 5. What role do boundaries play in living a healthy and obedient Christian life?**

Reflection Challenge

Evaluate your time and commitments honestly.

Ask yourself:

- **Am I overcommitting and underdelivering?**
- **Am I neglecting time with God because of distractions or people-pleasing?**
- **Where do I need to start saying “no” so I can say “yes” to what truly matters?**

Try this practical step:

👉 **Create a simple “pause response” before saying yes to anything new:
“I’d love to help—can I get back to you?”**

This gives you space to align your decision with God’s priorities.

Remember:

- ✨ **Your “yes” should be intentional and truthful.**
- ✨ **Your “no” can be loving and necessary.**
- ✨ **Even Jesus made time to step away and be with the Father.**
- ✨ **You cannot fulfill your purpose if everything else has equal priority.**

 **Prayer**

Father God,

Help me to live with integrity in my words and my commitments.

Give me the wisdom to know when to say yes and when to say no.

Teach me to guard my time so that I do not neglect what matters most.

Draw me into deeper time with You, just as Jesus modeled for us.

Help me stay focused on the purpose You have given me.

In Jesus’ name,

Amen.

