

THIS WEEK'S EXPERIMENT:

Yes Be Yes & No Be No

(Matthew 5:37)



“All you need to say is simply ‘Yes’ or ‘No’; anything beyond this comes from the evil one.”

1. How many times do you think you say, “Yes” each day? How about “No?” We probably use these two words hundreds of times a day. Share some examples of things you would answer “yes” or “no” to. (i.e. Do you want something? Do you feel a certain way? Can you help me do something?)
2. A lot of times we say “yes” and “no” as a way of making a commitment. Discuss what a commitment is as a family using these key words: Agree, responsibility, promise.
3. Have each person share 3 different commitments you make each day. These can be chores, ways of treating another person, character traits (truthful), etc.
4. **When we make commitments we are saying, “Yes! I will do that!” or “No, I will not be like that...” This week for your experiment pick one or two of the commitments you shared with your family. When you are faced with fulfilling your commitment (i.e. chore time) say, “I will let my ‘yes’ be ‘yes’ and my ‘no’ be ‘no,’” as a way of sealing the deal on the promise you have made.**
5. Some people might like to keep a log of other commitments they make on a chart or in a journal and refer back to it as the week progresses to see how well we are letting our ‘yes’ be ‘yes’ and our ‘no’ be ‘no.’
6. Be ready to share at next week’s family dojo how your week went!