



LIFE Group Discussion Guide

May 24, 2026

Proverbs 6:1-5

CONVERSATION STARTERS

- What are some highs or lows you experienced this past week?
- What Scripture has been shaping you recently?
- Where have you seen God moving in your life this week?
- What did you hear in today's sermon OR read in today's passage that you would like to discuss?
- What did you learn about yourself in today's sermon/passage?
- What did you learn about God in today's sermon/passage?
- What convicted you as you listened to today's sermon OR read in today's passage?

OPENING

Have you ever said "yes" to something... and then immediately regretted it? What happened?

We all do that sometimes—agree to something too fast, make a promise we didn't think through, or get stuck in something we wish we hadn't said yes to. This passage gives a strong warning about that—and shows us what to do when it happens.

Today we'll learn that wise people think before they commit—and take action when they make a mistake.

SCRIPTURE

Read **Proverbs 6:1–5** together.

Ask the students to listen for:

- What the problem is
- What the warning is
- How serious the situation sounds

PASSAGE SUMMARY

This passage talks about making a commitment you shouldn't have—like promising something you can't control or follow through on.

- It says you can get “trapped” by your own words.
- The response is urgent: fix the situation quickly.
- The picture is like an animal escaping danger—you don't wait around, you act fast.

Big idea: Your words and commitments matter more than you think.

DISCUSSION QUESTIONS

What kind of situation is being described here?

Making a promise or commitment that puts you in a bad position.

What does it mean to be “trapped by your words”?

Saying yes to something and then being stuck with the consequences.

Why do people (especially teens) say yes too quickly?

- Pressure from friends
- Wanting to be liked
- Not thinking ahead
- Feeling awkward saying no

What are some real-life examples of this for students?

- Agreeing to something you know is wrong
- Overcommitting to activities
- Promising something you can't follow through on
- Going along with friends when you shouldn't

The passage says to fix the situation quickly. Why do you think that matters?

Waiting usually makes things worse. The sooner you deal with it, the less damage it causes.

Why is it hard to admit, “I shouldn’t have said yes”?

- Pride
- Fear of what others will think
- Not wanting conflict
- Hoping the problem goes away

How can you learn to say “no” in a wise and confident way?

- Know your values ahead of time
- Think before answering
- Be okay with not pleasing everyone
- Remember that saying no can be the wise choice

APPLICATION

Is there anything in your life right now that you said yes to—but shouldn’t have?
friend situations, commitments, pressures

What is one step you can take this week to deal with that situation?

Have a conversation, set a boundary, ask for help, step away.

What is one way you can slow down and think before saying yes in the future?

Examples:

- Pause before answering
- Ask for time to think
- Pray about decisions
- Talk to a trusted adult

DIG DEEPER

Why does God care about the promises we make?

How can your words affect your future?

What kind of reputation do you build when you keep—or don’t keep—your commitments?

CLOSING THOUGHT

One quick “yes” can lead to big consequences. But wisdom helps you pause, think, and choose what’s right.

You don’t have to say yes to everything. Sometimes the wisest thing you can say is **no**.

Challenge students:

This week, don’t answer too fast—choose wisely.

Give a moment of quiet reflection:
“God, help me think before I speak and make wise choices.”

LOOKING AHEAD

Next week we will discuss **Proverbs 6:6-11** as we continue our series, *Uncommon Sense: God’s Wisdom in a Foolish World*.

PRAYER FOCUS

Pray together:

- Thank God for guiding us with wisdom.
- Ask Him to help students make wise decisions and commitments.
- Pray for courage to say no when needed.
- Pray specifically for the invitation portion of our worship services—that hearts will be open, the Spirit will move powerfully, and people will respond in obedience to Christ.

COMMENTARY

Proverbs 6:1-5

At first glance this passage would seem to say no more than that one should not cosign a note or, if one has already made that mistake, should get out of the arrangement as quickly as possible. While the text does say at least this much, it also implies that no one should get into legal entanglements and indebtedness in which circumstances are out of one’s control.

The Bible does not absolutely forbid taking on legal responsibilities for another person (Philemon 18). It does, however, here state that risking home and liberty in an enterprise over which one does not have direct control is consummate folly.