

GUARD RAILS

PART 1: DIRECT AND PROTECT

INTRODUCTION

Guardrails are designed to keep vehicles from straying into dangerous or off-limit areas. They minimize damage by keeping us in the safety zone. But the highway isn't the only place we need guardrails.

DISCUSSION QUESTIONS

1. Were you here nine years ago when LifeHouse originally did this series? If so, what do you remember? How did it intersect with your life at that time?
2. “The highway isn't the only place we need guardrails . . . perhaps your greatest regrets would have been avoided if you had established personal guardrails.” Is that second statement true for you? If so, would you be willing to share that part of your story?
3. Matt listed four areas where guardrails may be helpful: finances, relationships, morality, and profession. Do you have an example of establishing guardrails in any of those areas?
4. Do you agree that culture doesn't value the concept of guardrails and criticizes those who attempt to live within the safety zone? Why or why not? Have you ever been criticized for setting standards or establishing boundaries?
5. What was your initial reaction to what Matt referred to as the “Billy Graham Rule”? Do you think it's a good idea? Is it too extreme? Have you seen it penalize women in the workplace?
6. Read Ephesians 5:15-18. To which are you most prone, careless or careful living? In what area of your life could you benefit from establishing a guardrail?

MOVING FORWARD

Stepping away from what has the potential to harm you is stepping in the direction of the One who loves you. God isn't trying to keep you *away* from something; he is drawing you *toward* someone—himself. In preparation for next week, spend some time thinking about where you need to establish or re-establish guardrails.

CHANGING YOUR MIND

Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord's will is. Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.

Ephesians 5:15–18