

Guardrails

Small Group Discussion Questions

Session #1 – Direct & Protect

Key Scripture: Ephesians 5:15-18

1. Andy defines a guardrail as “a personal standard of behavior that becomes a matter of conscience.” Why is it important that we think of these guardrails personally—as something individually for us and not necessarily for everyone?
2. In establishing guardrails, why is it important that they be linked to our consciences?
3. What kinds of disasters and danger zones do you especially want to guard against—in your marriage and family, as well as financially, professionally, morally, ethically, relationally, and in other areas?
4. How can establishing guardrails help open us to the protective love of God?
5. What kind of protection from God should we be able to count on? What kind of protection from him should we not count on?
6. In various areas of your life, how strong is your desire to live by God’s will and God’s plan? How well do you know his will and his plan in each of these areas?

Bottom Line:

To help us avoid major regrets in the future, we need to set up protective guardrails in every significant area of our lives. These guardrails are personal standards of behavior that become a matter of conscience. They’ll protect us from the “danger zones” of behavior that can so easily lead to disastrous consequences

Session # 2 – Why Can't We Be Friends?

1. How fully do you agree with this statement: "Our friends ultimately influence the direction and the quality of our lives"?
2. As you see it, how strong is the connection between being accepted by others and being open to their influence?
3. If it's true that "friendships can be dangerous," how would you describe the danger?
4. How would you define "wisdom"? And what are the most important ways that it can be learned from our friends?
5. If a fool can be biblically defined as "someone who knows the difference between right and wrong, but doesn't care," how can we discover whether this is actually true of someone we know?
6. What kind of pressure do you experience in your circle of friends? Is it mostly positive or negative?

Bottom Line:

Despite the great value of friendships, they can be dangerous, because our friends have so much influence over us—for bad as well as for good. That's why we need guardrails in our friendships to help us recognize when their influence is not as healthy as it should be.

Session #3 – Flee Baby Flee

Key Scripture: 1 Corinthians 6:18-20

1. In your own understanding, why do we especially need guardrails to protect us from sexual immorality? Why is this a strategic area for strengthening our own protections?
2. Without revealing names, what examples can you give of people whose lives have been permanently altered by sexual immorality?
3. Why do you think our culture—and all of us, in general—is often so resistant to the idea of establishing protective barriers in this area?
4. Why exactly can we not expect our culture to become a healthier environment for promoting higher standards of sexual morality?
5. With a biblical perspective in mind, why is it so important to “flee from sexual immorality” (1 Corinthians 6:18)? Why is this kind of avoidance and escape so strategic and valuable?
6. What exactly does it mean to you to “honor God” with your body (as we’re told to do in 1 Corinthians 6:20)?

Bottom Line:

We need stronger guardrails in the area of sexual temptation than anywhere else in life. And all our guardrails in this area should reflect the Bible’s core teaching: “Flee from sexual immorality” (1 Corinthians 6:18). We need all the help we can get to escape sexual temptation.