

Note to Leaders: Every Small Group is Different. Don't feel like you have to answer every question. Pick questions that will stir up conversation and action among your group

## SERMON SYNOPSIS

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

## DISCUSSION QUESTIONS

1. During the message, Daniel said, "Perhaps your greatest regrets would have been avoided if you had established personal guardrails." Is this statement true for you? If so, would you be willing to share that part of your story?
2. Daniel listed some areas where guardrails may be helpful: finances, relationships, morality, and professional. Do you have an example of establishing guardrails in any of those areas?
3. Do you agree that culture doesn't value the concept of guardrails and criticises those who attempt to live within the safety zone? Why or why not? Have you ever been criticised for setting standards or establishing boundaries?
4. What was your initial reaction to what Daniel referred to as the "Billy Graham Rule"? Do you think it's a good idea? Is it too extreme? Have you seen it penalise women in the workplace?
5. Read Ephesians 5:15-18.
  - a. Observe the above verses. What stood out to you?
  - b. Being wise is important for living. Daniel said, the best question to ask when making a decision is "What is the wisest thing for me to do?" Do you agree? Can you give an example of a decision you made that was not necessarily wrong but not wise?
  - c. 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