

GUARDRAILS
Guarding Your Life – October 8-9, 2011

ICEBREAKER:

Take some time to get to know each other with some open sharing: (pick two and share)

- What is the weirdest food you've ever eaten?
- What is your earliest childhood memory?
- How and when did you learn to ride the bicycle?
- What defines a profitable day for you?

INTRODUCTION:

Describe a time when you encountered a guardrail or median on a road. (Hopefully you haven't)

Discuss the nature and importance of road guardrails.

QUESTIONS FOR DISCUSSION:

1. What are personal guardrails? What role do they play?

2. What guardrails have you set up in your life?

3. Our culture does not promote guardrails (suggestions not standards). Culture is content with a painted line. Do you agree or disagree? What are some examples of cultural suggestions?

4. Read Ephesians 5:15-17. Pull out as many principles as you can. How do these verses speak to you personally?

5. In verse 18, the Apostle Paul uses alcohol as an illustration of setting a boundary or guardrail. In what areas have you or do you struggle with "losing control"? What role does the Holy Spirit play in this?

6. Daniel is a great example of setting a personal guardrail. Read the story in Daniel 1 of the Old Testament. What was Daniel's guardrail?

7. No doubt, Daniel could have indulged himself in all kinds of Babylonian cuisine and activities. There is always the tension to move toward the unhealthy side of a guardrail. Talk about this tension.

What was really happening behind the scenes? What was King Nebuchadnezzar's real agenda?

8. Often times, guardrails block us from something that promises something good—NOW. Like Daniel, how can you keep your guardrails from weakening or moving backwards?

9. Wrestle with this statement: *Compromise does not erase the tension between right and wrong. It only weakens our resolve and makes things more complicated.*

10. Like Daniel, we must put up a personal guardrail before we know the outcome or how the story ends. Why is this important? Why is this so hard to do?

11. Looking back, how has establishing a guardrail saved you from potential danger?

WHAT WILL YOU DO?

In Daniel 1:8, Daniel "resolved" not to defile himself. In what area do you need to resolve by putting up a guardrail? In other words, what area of life do you need to finally surrender to God's control?

In which arenas of your life have you been dancing too close to the line? Listen to the Holy Spirit. Listen to your conscience. Where do you need to set a guardrail right now? Name it: _____

THINK ABOUT IT (Something to memorize or chew on)

So be careful how you live. Don't live like fools, but like those who are wise.
Ephesians 5:15 (NLT)

"NOT A FAN" FOLLOWUP

Share with the group how is God continuing to use the "not a fan" series in your life?