



GUARDRAILS

Small Group Questions Week 3

1. What were the five guardrails that were exhibited by the five women in Pastor Rick's message? Which one do you think would be most beneficial to you and why?
Answer – A. A positive attitude focused on God will always prevail over a negative attitude focused on circumstances. B. Stay faithful to Jesus when no one else is. C. My past has no power over the future Jesus has planned for me. D. Reacting impulsively is never as wise as acting in prayerful humility and E. Seeing God's bigger picture will carry you through life's temporary storms.
2. Do you think that guardrails should be applied to things we think about? Give an example of one of these. Read Philippians 4:8-10. Do you think this is a guardrail that we should apply? Why is how you think so important?
Answer—Before we take any action, we always think about it first. If we can control what we think about, we can control our actions. Change always begins in the mind.
3. For each of the following issues that Christians deal with, come up with as many guardrails as you can think of that could help a person to overcome whatever issue they have.
A. Someone who struggles with alcohol/drug abuse. B. Someone who has trouble controlling their anger and lashes out physically or verbally at people. C. Someone who struggles with pornography/sexual addiction. D. Someone who struggles with lying to others. E. Someone who struggles with spreading gossip about others. F. Someone who struggles with overeating. G. A spouse who is struggling with being attracted to a person not their spouse.
4. How can fellowshiping with other Christians by going to church or being part of a small group be a guardrail in your life?
5. Probably the best guardrail that you can have is to have someone that you trust hold you accountable in the areas that you struggle with. The problem is that you have to be honest enough to share with someone the areas that you struggle in so that they can then ask you how you are doing and be praying for you. Why would being accountable to someone help to overcome an area of struggle? How can we facilitate this type of accountability in our group?