



GUARDRAILS

Small Group Questions Week 4

1. Read Proverbs 4:23. Pastor Rick talked about guarding your heart, what does that mean?
Answer – To guard your heart means to guard what you allow yourself to think about and to guard your passions. We do what we think about, so if we allow ourselves to dwell on things that we know we should not do, then we will wind up doing them.
2. Pastor Rick talked about the idea that Christianity is not a religion but a relationship. What do you think this means? What do you think the difference is between keeping a rule (like a guardrail) as opposed to having a relationship with Christ?
Answer—Religion is all about keeping rules and checking the “do this” boxes. Christianity is about knowing and loving our Father in heaven. Guardrails in and of themselves do not make us spiritual, they are put into place to protect our relationship with God.
3. Read Matthew 15:19,20. What does it mean when it says that all of these things “come from the heart”? What does this imply that we need to do in regard to our heart?
Answer— In scripture the term “heart” refers to what we would call our “mind”. In Biblical days, they thought that the heart was the source of our thoughts and emotions, they did not know anything about the brain. This means that controlling our thoughts is key to keeping our sinful nature that we all have from controlling us.
4. Pastor Rick said that anger makes you believe that other people owe you everything. What thinking would be necessary to be able to control your anger? What should you do in regard to the people that you have lashed out in anger?
5. If a believer struggles with greed, what is the antidote.