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## MESSAGE APPLICATION Guide

*Please feel free to pick and choose questions that relate best to you and your Life Group.*

### GUARDRAILS Week 1

**ICE-BREAKER:** Are you more prone to careless living or careful living?

Besides the highway, where else do we need guardrails?

Why do so many people ask, “how close can I get to sin without sinning?”  
How does this question apply to the need for personal guardrails?

Do you agree that cultural boundaries are shifting? If so, how does this impact the need for guardrails? How does culture perceive this need?

What are some of life’s great regrets that could be avoided by establishing personal guardrails? Would anyone be willing to share a personal story?

Have someone share a personal example of establishing guardrails in one of the areas that were mentioned above?

**READ:** Ephesians 5:15-18

What is debauchery?

Is it any surprise that our Heavenly Father is against anything in our lives that leads to a loss of control? Why do you think He is against these things?

In what area of your life could you benefit from establishing a guardrail?

Have you ever been criticized for setting standards or establishing personal boundaries? Did that change anything regarding your commitment?

What evidence do you see that your life is controlled by the Holy Spirit today?

Is there an area in your life where you have been dancing around on the edge, and today you realize, you need a guardrail?

*In preparation for next week, spend some time thinking about where you need to establish or re-establish some personal guardrails.*