

ROAD RULE # 6

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*Guardrails are for your _____
not your _____.*

Q: Have you ever looked in the rear-view mirror
and wish you had set up a few guardrails?

Proverbs 22

³ A prudent person foresees danger and takes precautions.
The simpleton goes blindly on and suffers the consequences.

The Truth About Guardrails.

- Guardrails are set up in the _____ zone, not over the _____.
- Guardrails are set up _____
you need them, not _____.
- Guardrails intentionally limit your _____
_____ so they can save your _____.

Proverbs 16

^{17b} Whoever GUARDS his way preserves his life.

1 Corinthians 16

¹³ Be ON GUARD. Stand firm in the faith.
Be courageous. Be strong.

Be on Guard.

1. Guard your _____.

Psalm 119

¹³³ Guide my steps by your word,
so I will not be overcome by evil.

Examples:

- Based on my past experience, I shouldn't go...
- Based on my past experience, I shouldn't hang out with...
- I know it may not be wrong for others,
but _____ isn't good for me.

2. Guard your _____.

Matthew 6

²² Jesus said, "Your eye is like a lamp that provides light for your body. When your eye is healthy, your whole body is filled with light. ²³ But when your eye is unhealthy, your whole body is filled with darkness."

Examples:

- Don't watch TV alone.
- Don't check social media or surf the internet on your phone.
- Don't walk by her office.

3. Guard your _____.

Psalm 1

¹ Happy are those who reject the advice of evil people, who do not follow the example of sinners or join those who have no use for God.

Matthew 11

¹⁵ Jesus said, "Anyone with ears to hear should listen and understand!"

Examples:

- Don't waste your time listening to Godless people.
- Walk away from an angry conversation.
- Develop a healthy habit of listening to God's word.

4. Guard your _____.

Psalm 141

³ Set a guard, O LORD, over my mouth;
keep watch over the door of my lips!

Examples:

- Don't respond when you're tired, hungry, or angry.
- Don't say in a text or email what needs to be said in person.
- Jesus said, "Bless those who curse you..."

5. Guard your _____.

Proverbs 21

²⁰ The wise man saves for the future,
but the foolish man spends whatever he gets.

Matthew 6

²¹ Jesus said, "Wherever your treasure is,
there the desires of your heart will also be."

Examples:

- Don't buy what you can't afford.
- Set aside a % of your income for saving and giving.

6. Guard your _____.

James 4

¹³ Come now, you who say, “Today or tomorrow we will travel to such and such a city and spend a year there and do business and make a profit.” ¹⁴ You don’t even know what tomorrow will bring - what your life will be! For you are like smoke that appears for a little while, then vanishes.

¹⁵ Instead, you should say, “If the Lord wills, we will live and do this or that.”

Psalm 31

^{15a} My times are in your hands...

Examples:

- Schedule first what matters most.
- Set a limit for your screen time.
- Schedule a weekly time for Sabbath.

7. Guard your _____.

Proverbs 4

²³ Guard your heart above all else,
for it determines the course of your life.

Psalm 51

¹⁰ Create in me a clean heart, O God,
and renew a right spirit within me.

Examples:

- Take a regular inventory of how you’re feeling.
- Limit your time and energy with people and things that leave you empty.
- Develop healthy habits that will feed your spirit.

2 OPTIONS: You can set up guardrails _____

... or wish you had _____!

Group Discussion.

- Have you ever looked in the rear-view mirror of life and wish you had set up a few guardrails?
- Do you generally think of guardrails as RESTRICTIVE or PROTECTIVE?
- Where do you need to set up guardrails the most?
Steps - Eyes - Ears - Mouth - Money - Time - Heart
- What's the ONE THING that's keeping you from establishing the guardrails you need the most?

Personal Reflection.

Spend some time reflecting on the SCRIPTURE printed in the lesson and begin to create your own list of guardrails.

Your Steps	
Your Eyes	
Your Ears	
Your Mouth	
Your Money	
Your Time	
Your Heart	