

# Guardrails

Week 2 - Daniel Knutson

*“The Danger Zone”*

**Icebreaker:** What’s the craziest dare you ever took?

## Topics for Discussion:

- Have you ever regretted a decision? If willing, share the experience.
  - Was there a “cast” or crew involved with that decision? Even if they weren’t right there at the time, did you feel an influence from your “social circle” that led you to that **edge**?
  - To borrow a phrase from Andy Stanley, “Your friends determine the direction and quality of your life.”
- Read **Hebrews 3:12-14**
  - There are three distinct parts to this passage: a couple of warnings, a method for avoiding danger, and a reward for being obedient.
  - What is the warning that the author is pointing to? (Hint: it isn’t just in **vs 12**).
  - Combined with what we know to be true, what Andy Stanley said, and what the author of Hebrews writes in **vs 13**, what is the method for avoiding danger?
  - What do we get if we pull this off?

## Things to Consider:

- Reminder: A guardrail is not meant as a legalistic tool to get everyone to “fall in line” and to eliminate freedom. A guardrail is a personal barrier erected to keep you out of the danger zone—to let you experience the freedom of life.
  - To make sure you don’t keep climbing over your guardrail and falling prey to the “deception of sin”, you need accountability.
- If our friends, or the people who inhabit our close circles, have the greatest impact on the direction we are walking, then our knee jerk reaction when we find ourselves near the Danger Zone is to start pruning and cutting people out of our lives. Sometimes that is necessary, but if it’s true that your friends can lead you astray, then it is true that you can include people who will lead you in the path you want to go.
  - Where do you want to go?
  - Can you think of some people who are heading in that direction? Are they close in your life? Why or why not?
- Another very important reason for choosing our friends wisely is because no one is deceived more often than by the person closest to you: **YOU!** We need people to

point out when we are suffering from self-deception, and to help us enforce and reinforce our guardrails. (Hint: your small group is likely a great place to start!)

**Going Deeper:**

- The book of Hebrews is a “sermon” written to the Hebrew Christians in the first century. We do not definitively know who the author is, but the wisdom contained rings true nonetheless. Because of this, the imagery and examples cited in Hebrews relies heavily upon the Old Testament, as the audience would have been very familiar with the subjects mentioned. Spend some time as a group exploring the rest of Hebrews 3 to get a sense of the audience being written to.
  - Do you recognize any of the author’s “ancient citations”?
  - Are there other nuggets that you can apply, today, to help you get where you want to be?

**Prayer:** As a group, lift up your small group hosts and leaders, and pray for them this week. The efforts and tasks are not easy, but together you should find joy!