

Guardrails
Week two - ***"Look here! Look here!"***
Philippians 4:4-9, 2 Samuel 11, and Proverbs 4:23
Bottom line: What captures your attention will ultimately shape your heart and determine your behavior.

1. What captures most of your attention in a typical day? How does it affect your thoughts, mood, or choices?
2. Philippians 4:8 invites us to focus on what is true, noble, right, pure, lovely, and admirable. Which of these feels hardest to give your attention to right now—and why?
3. David's story shows how a series of choices can grow from an unchecked distraction. Where have you seen a small choice or habit lead somewhere you didn't intend?
4. What distractions do we tend to minimize because their effects aren't immediate? How might they shape us over time?
5. What does it look like to "guard your heart" in your current season of life? What practical guardrails could help?
6. Is there an app, time limit, or habit you might need to change to give more attention to what is wise and life-giving?
7. What is one specific guardrail you're willing to try this week, and who could encourage you to follow through?