**Sunday 2nd August 2020**

**Online Zoom service at 10 am.**

Join Zoom Meeting

https://us02web.zoom.us/j/564464275?pwd=QzUyNFRBUTZRN2dGemxzWlhtSG5XZz09

Meeting ID: 564 464 275

Password: 158647

Or you can join us by dialling in from your phone on

0203 481 5237 United Kingdom

And then inputting when asked the following:-

Meeting ID: 564 464 275

Password: 158647

**Guardrails**

**Direct & Protect**

# Ephesians 5:15-18

# New International Version

**15**Be very careful, then, how you live—not as unwise but as wise, **16**making the most of every opportunity, because the days are evil. **17**Therefore do not be foolish, but understand what the Lord’s will is. **18**Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit,

**Read Attached Sermon.**

**Questions to help you reflect**

Guardrails are designed to keep vehicles from straying into dangerous or off-limit areas. They minimize damage by keeping us in the safety zone. But the highway isn’t the only place we need guardrails.

1. Do you agree that culture doesn’t value the concept of guardrails and criticizes those who attempt to live within the safety zone? Why or why not? Have you ever been criticised for setting standards or establishing boundaries?
2. Red Ephesians 5:15–18. To which are you most prone, careless or careful living? In what area of your life could you benefit from establishing a guardrail?
3. In the sermon, Tracey listed four areas where guardrails may be helpful: finances, relationships, morality, and profession. Do you have an example of establishing guardrails in any of those areas?

Stepping away from what has the potential to harm you is stepping in the direction of the One who loves you. God isn’t trying to keep you *away* from something; he is drawing you *toward* someone—himself. In preparation for next week, spend some time thinking about where you need to establish or re-establish guardrails.

**Prayer**

Heavenly Father,

Your love for us is so immense, and so precious, our safety, joy and living is paramount to our relationship. Thank you for that. Sorry for when I have not recognised that.

Help me to be honest to myself, and hopefully to one other person today, on where I have not had Guardrails in place and I need them. Lord I give you permission to prompt me today through the power and love of the holy Spirit. In Jesus name. **Amen.**