**Sunday 9nd August 2020**

**Online Zoom service at 10 am.**

**Guardrails**

**Sex & Relationships**

# 1 Corinthians 6:18-20

# New International Version

**18**Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. **19**Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; **20**you were bought at a price. Therefore honour God with your bodies.

**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. In what ways, for good or bad, did your friends influence you growing up?
2. Who do you know whose life would have been better if he or she had had relational guardrails?
3. Read 1 Corinthians 6:18–20. What do you think it looks like to honour God with our bodies? How might putting that into practice affect your relationships with other people?

The point of a guardrail is to light up your conscience before you hurt yourself or others. If that sounds extreme, dangerous environments call for extreme measures. When it comes to your relationships, honour God, yourself, your spouse, your kids, and your future spouse and kids. Flee; don’t flirt.

**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.**