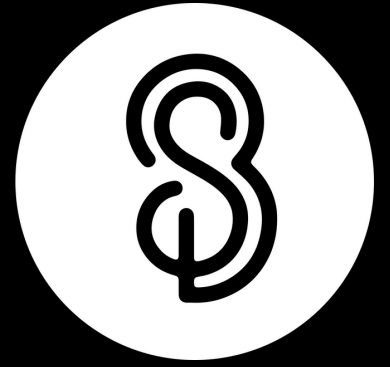


# STONEBRIDGE CHRISTIAN CHURCH



**Note to the Host:** *Thanks for leading your group, creating community, and caring for your people! Remember, this is your group, and you have the freedom to navigate the conversation that best fits your group's dynamic. People come first!*

## ICEBREAKER:

What's the craziest dare you ever took?

## TALK IT OVER:

*These questions are based off the sermon that took place on Sunday. Feel free to revisit any of the scripture that was discussed in the message. Answer as many questions as your time allows; don't feel pressed to get through them all!*

1. What is a guardrail? What is its purpose?
2. What is a spiritual guardrail?
3. Guardrails are always put on a path or a road where people travel. What is the path that we are on as Christians that needs guardrails? How do we decide where we need to put a spiritual guardrail?
4. What is the greatest guardrail that God has given us? How does this work as a guardrail?
5. Read Proverbs 3:13-18 and 4:5-8. In the chapter 3 passage, the value of having wisdom is compared to what? Why do you think Solomon compares wisdom to material wealth? In both of these passages, what is promised to the person who gets wisdom?
6. A definition of wisdom - Knowing the difference between what is right and what is wrong, seeing the difference between what is good to do and what is the best thing to do, and then choosing to do the best thing. How do you think having wisdom helps us to set up guardrails?
7. How can fellowshiping with other Christians by going to church or being part of a small group be a guardrail in your life?
8. Probably the best guardrail that you can have is to have someone that you trust hold you accountable in the areas that you struggle with. The problem is that you have to be honest enough to share with someone the areas that you struggle in so that they can then ask you how you are doing and be

praying for you. Why would being accountable to someone help to overcome an area of struggle?  
How can we facilitate this type of accountability in our group?

## **PRAYER:**

*Please don't stress about the time of prayer, pray however your group feels comfortable. This can either be one person pray, or you can go in a circle and have each person pray a few sentences. Be sure to change it up so your prayer time stays fresh in your group!*

- Make sure that everyone has a chance to share!
- Encourage all praise reports! Celebrate what God has done!
- Have someone record and distribute the requests to your group, to pray over throughout the week.

**Week #5, 8 Keys to a Better Life, February 4, 2024**