



# [guardrails]

keeping your life on track





## **REVIEW**

**A guardrail is a personal rule or law that I establish for myself that is a standard of behaviour that becomes a matter of conscience and commitment.**

**#GUARDRAILONE**



## REVIEW

A guardrail is intended to light up our conscience **BEFORE** we hurt ourselves or hurt someone else.

**#GUARDRAILONE**



## **REVIEW**

**Our culture does not celebrate guardrails. It doesn't like rules and commitments.**

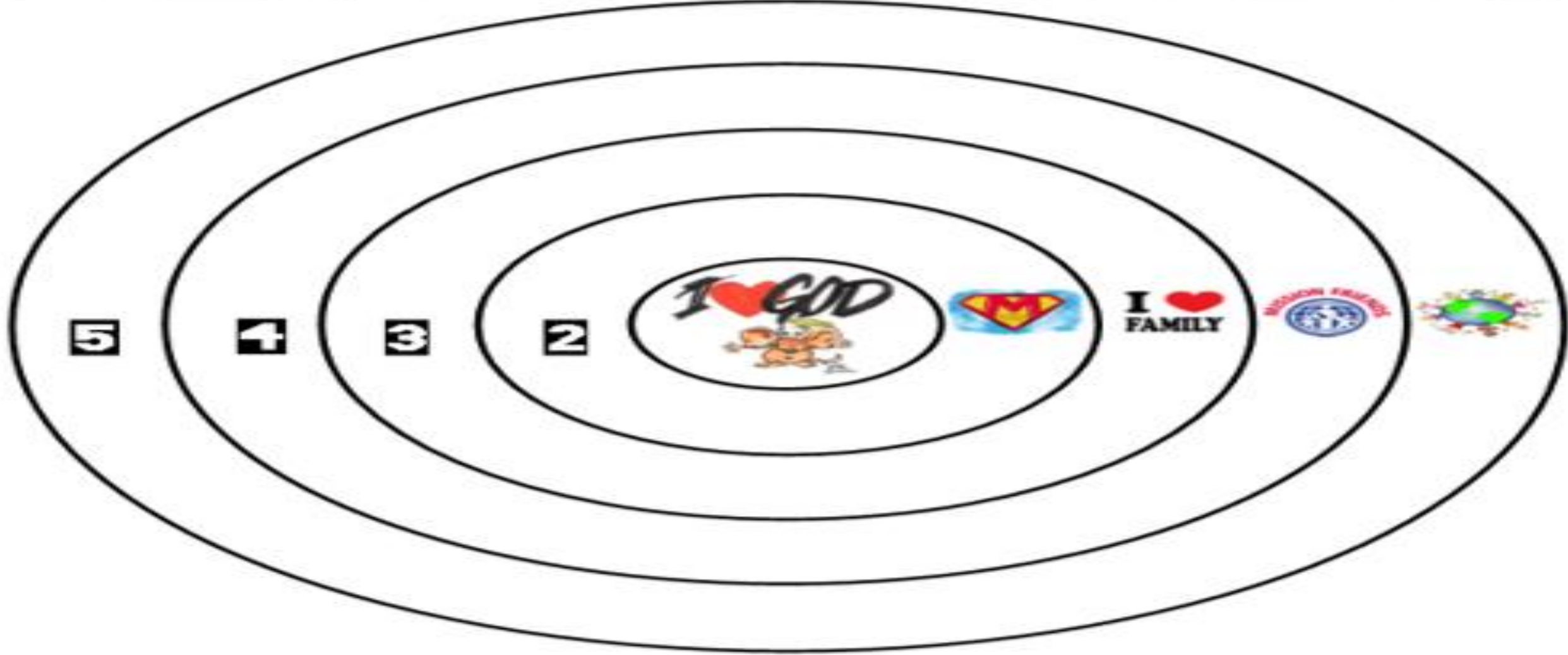
**Especially if they curb your fun or freedom.**

**#GUARDRAILONE**

## **IF SERIOUS, DO THE FOLLOWING:**

- 1. List the ways you lead a double life.**
  - a) Confess these to your SGL or PS.**
- 2. Make a list of those who influence you negatively.**
  - a) Remove them from their places of influence.**
  - b) Remove from social media – social groups.**
- 3. Put two guardrails in place.**
  - a) Jesus and a trusted adult.**

**GOD AND RELATIONSHIPS**





# GUARDRAIL #2

## MORAL CHOICES

**#GUARDRAILTWO**

## **MORAL CHOICES INCLUDE:**

- 1. Sexual Relationships (Friends with benefits)**
- 2. Lying, Cheating, Illegal Downloading**
- 3. Social Attacks On Others**
- 4. Drugs And Drunkenness**
- 5. Pornography And Sexual Fantasies**





**The world loves to get us to fail in these areas and loves to tease and tickle our desires until we do these things.**

**#GUARDRAILTWO**



## **FOR EXAMPLE:**

**We entertain ourselves with media, music, movies, friends, and social media that promotes and glorifies sex outside of marriage, moral failings, anti-biblical thoughts and then we wonder why we fail or go off the road into a ditch.**

**#GUARDRAILTWO**

**If we could get this one thing right it would change everything!**

- **Less or no poverty and homelessness**
- **Less or no family breakup and divorce**
- **Less or no violence**
- **Less or no drugs and drunkenness**
- **Less or no sexual confusion**



**WE DON'T FLEE FROM  
WE LIKE TO FLIRT WITH**

**#GUARDRAILTWO**



# Let's Look At Sexual Morals...

**#GUARDRAILTWO**

# 1 Corinthians 6: 18

Flee from sexual immorality...



**#GUARDRAILTWO**

## **Sexual immorality Includes:**

- 1. Pornography**
- 2. Sexual intercourse outside of marriage**
  - a) Fornication- not married**
  - b) Adultery- married affair not your wife**
- 3. Lust or Lusting After**
- 4. Prostitution**
- 5. Incest, Bestiality, Homosexuality**



## Sexual Sin Will Make You:

1. A Liar
2. A Secret Keeper





## 1 Corinthians 6: 18

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

**THE VALUE OF A  
CONTAINER  
IS BASED ON  
WHAT IT CONTAINS**

**THE VALUE OF A  
CONTAINER  
IS ALSO BASED ON  
WHO OWNS IT**

**#GUARDRAILTWO**



**YOU ARE VALUED BY GOD**

**YOU ARE LOVED BY GOD**

**YOU ARE FORGIVEN BY GOD**

**GOD PUTS LIMITS TO GIVE US LIFE**

**GOD WANTS WHAT IS BEST FOR US**

**HE CARES ENOUGH TO SET LIMITS TO PROTECT US**

**#GUARDRAILTWO**

## **SHARE:**

**Do you believe your value comes from God  
AND that he has your best in mind?**

**-What stops you from believing this?**

**-What gets in the way of trusting God?**

**-If you answered yes how does it change your  
decision making. Examples?**

## **STEPS TO TAKE**

- 1. Talk about it with your Parents, SGL or PS and discuss what guardrails you need.**
- 2. Avoid problematic people in your life.**
- 3. Don't keep secrets find a trust person.**
- 4. Social Media is a gateway drug**

## **JOURNAL AND PRAY**

**What steps do you need to make to put up guardrails in the areas of morality.**

- 1. Sexual Relationships (Friends with benefits)**
- 2. Lying, Cheating, Illegal Downloading**
- 3. Social Attacks On Others**
- 4. Drugs And Drunkenness**
- 5. Pornography And Sexual Fantasies**