

GUARDRAILS to consider:

- Chair Time: Because... (Ro 7:14-25)
- Praying together as a spouse.
- Give someone (same sex as you) permission to protect God's dream for your life.
- Invite others into your decision-making.
- Healthy rest.
- Ask for support in your healthy eating and exercise.
- Internet filters like "Covenant Eyes".
- Male/Female rules of engagement as a family.
- What is your kryptonite?

"Habits pave the way to God's dream for your life. Guardrails keep us from going over the cliffs!"

Challenge:

- Continue with the habits that carry you to God's dream.
- Build guardrails into your life.

Check out these FREE online studies from Doug Britton for further study:

Guard Your Thoughts

www.dougbrittonbooks.com/resources/guard-your-thoughts

Guard Your Conscience

www.dougbrittonbooks.com/resources/guard-conscience

Guard Your Heart When You Help Others

www.dougbrittonbooks.com/resources/guard-your-heart

Life Group Homework

For the week of January 26, 2020

MY STORY

- 1) If you could have an unlimited supply of one thing for the rest of your life, what would it be?
- 2) What was your takeaway from last week's Life Group?

QUICK REVIEW

- 3) Upon reviewing your notes from Sunday's teaching, what caught your attention?

DIGGING DEEPER

This week Pastor Craig talked about putting guardrails up in our lives. He said, "Habits pave the way to God's dream for your life. Guardrails keep us from going over the cliffs!" We will be unpacking the story of David and Bathsheba and how David's lack of guardrails caused him to fall.

In the spring of the year, when kings normally go out to war, David sent Joab and the Israelite army to fight the Ammonites. They destroyed the Ammonite army and laid siege to the city of Rabbah. However, David stayed behind in Jerusalem.

² *Late one afternoon, after his midday rest, David got out of bed and was walking on the roof of the palace. As he looked out over the city, he noticed a woman of unusual beauty taking a bath. ³ He sent someone to find out who she was, and he was told, "She is Bathsheba, the daughter of Eliam and the wife of Uriah the Hittite." ⁴ Then David sent messengers to get her; and when she came to the palace, he slept with her. She had just completed the purification rites after having her menstrual period. Then she returned home. ⁵ Later, when Bathsheba discovered that she was pregnant, she sent David a message, saying, "I'm pregnant." (2 Samuel 11:1-5 NLT)*

- 4) Prior to this, David had achieved a great victory against the Ammonites. Why do you think David would stay home instead of going out to war like he normally did?
- From this story we learn that the difference between success and failure starts with the heart.
- 5) What does the word "Heart" mean? Is it more than emotions?
- 6) From David's story, what was going on in his heart?
- 7) What could David have done differently to succeed?
- 8) Has success ever set you up for failure, and if so, how?
- 9) When are you taking care of your heart? How do you keep it clean?
- What does your heart want more: to be king/queen, or to protect God's dream for your life? You can't do both.
- 10) What does it mean for us to be king/queen?
- 11) What does it mean to protect God's dream for your life?
- David was king but he could have taken steps to protect God's vision for his life. He could have reached out to Nathan the prophet and sought his counsel, and Nathan could have been his "NOer".
- 12) Who in your life do you run your ideas by? Who is your "Noer"?
- 13) What kind of character should a "NOer" have?

Ecclesiastes 4:9-10 NLT

⁹ *Two people are better off than one, for they can help each other succeed. ¹⁰ If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.*

14) Why are two people better than one?

15) Why is it dangerous to be alone?

TAKING IT HOME

David's sin was confronted by Nathan the prophet and the following Psalm is David's response.

Read Psalm 51:1-12 and answer the following questions.

16) What is your main takeaway when you read this Psalm?

17) What are some of the characteristics we learn about God from this Psalm?

18) How was David feeling after he was confronted?

19) How can this help you in the future?

¹⁷ *The sacrifice you desire is a broken spirit.*

You will not reject a broken and repentant heart, O God.
(Psalm 51:17 NLT)

20) According to verse 17, what type of response will God accept when we are feeling like David did?

Here are 3 *resets* we can do to ensure we have guardrails in our lives. These are by no means exhaustive.

- Daily Chair Time and letting God own your heart.
- Have a "NOer" in your life.
- Check your heart and motives regularly.

21) Of these three, which do you need to do more and why?

22) Are there others that you currently do or can think of to add to this list?

23) How can you check your heart and motives regularly?

24) What guardrails have you put up in your life that you lean on the most?

CHAIR TIME TOOL

Read 2 Samuel 10-12:13 and Psalm 51, and pray through the following questions.

- 1) What is the main lesson in this story?
- 2) Of the lesson and message this week, what guardrail does God want you to put up in your life?
- 3) Can you relate to David's prayer in Psalm 51?
- 4) What does the Psalm teach us about the character of God?

"Reset: A New Year Won't Change Your Life, New Decisions Will"

GUARDRAILS

PASTOR CRAIG SWEENEY

January 26, 2020

Thread: Guardrails save _____.

What happened?

"In the spring of the year, when kings normally go out to war, David sent Joab and the Israelite army to fight the Ammonites. They destroyed the Ammonite army and laid siege to the city of Rabbah. However, David stayed behind in Jerusalem.

²*Late one afternoon, after his midday rest, David got out of bed and was walking on the roof of the palace. As he looked out over the city, he noticed a woman of unusual beauty taking a bath. ³He sent someone to find out who she was, and he was told, 'She is Bathsheba, the daughter of Eliam and the wife of Uriah the Hittite'." ⁴Then David sent messengers to get her; and when she came to the palace, he slept with her... ⁵Later, when Bathsheba discovered that she was pregnant, she sent David a message, saying, 'I'm pregnant...'*

¹³*Then David confessed to Nathan, 'I have sinned against the Lord.'"*

(2 Samuel 11:1–12:13 NLT)

What do we learn?

- David's _____ was set up by his own _____.
- The _____ really is the _____ of it all.

What does David want?

To be _____ or to be a man/woman

_____ God's dream for their life?

Kings:

A man/woman protecting God's dream for their life:

- Success OR failure-- _____ by the _____ of my heart.

David was: *"A man after God's heart"* (1 Samuel 13:14)

THEN in a different season:

"This is the case of a man who is all alone... ⁹Two people are better off than one, for they can help each other succeed. ¹⁰If one person falls, the other can reach out and help. But someone who falls alone is in real trouble... ¹²A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken." (Ecclesiastes 4:8–12)

Psalm 51:1-12,17

What could David have done?

- David could have _____ guardrails around HIS life...to protect God's dream.
- *"All have sinned and fall short of the grace of GOD". (Romans 3:23)*
- David COULD have _____ into his life.