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**Introduction**

Guardrails keep vehicles from straying into dangerous or off-limit areas. We need personal guardrails so we don’t stray into areas of life that can harm us or the people we love. If there’s one area in which personal guardrails are most needed but also most resisted, it’s in our intimate relationships.

**Discussion Questions**

1. Of all of the guardrails we will talk about, why do you think the one about sexual boundaries receives so much pushback? How specifically would better guardrails in regards to sex improve our society?
2. In what ways does our culture bait us to the edge and then mock us for going over the edge in regards to sexual relationships?
3. Read 1 Corinthians 6:18-20 Why do you think the advice is to flee not stand firm when it comes to sexual sin? What do you think it looks like to honor God with our bodies? How might putting that into practice affect your relationships with other people?
4. During the sermon, it was said that sexual sin is unique because we can never fully escape the damage it does. Do you agree with that? Why or why not
5. It was said that the value of a container is determined by what it contains, by being a Temple of the Holy Spirit Paul says you are an image bearer of God. How would that affect all of your relationships if you saw yourself and others as image bearers of God?
6. The first suggested guardrail was to **talk about it** if you are married, to think about it and decide if you are single – when you think about those conversations, what emotions do you feel welling up in you? Is it an easy conversation or a difficult one?
7. Who in your life would you benefit most from implementing a guardrail here? Are there any specific guardrails that you need to establish?

**Moving Forward –**. *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, honor God, yourself, your spouse, your kids, your future spouse and kids. Flee don’t flirt. – Andy Stanley*