YOUR MOVE
WITH ANDY STANLEY

SERIES: GUARDRAILS

Episode 1: "Proximity"

Our friends influence the direction of our lives.
So what do we do when they're leading us somewhere we don't want to end up?

QUESTIONS

01 In what ways, good or bad, did your friends influence you growing up?

02 Personal guardrails are standards of behavior that direct and protect us from damage. What are the pros and cons of guardrails?

03 Has a friendship or relationship ever led you to do something you later regretted? Explain.

04 Is there someone in your life who influences you to make good decisions? What's one thing you can do to dial up that person's influence in your life?

05 Do you have guardrails in your friendships? If not, what would happen if you created them? What first step would you need to make?

NOTES

BOTTOM LINE

Our friends determine the direction and quality of our lives.

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Episode 2: "Forever Yours"

In romantic relationships, we all want to avoid unnecessary heartbreak. So how do we protect our most important relationships when we find ourselves veering into dangerous territory?

QUESTIONS	NOTES
01 How do you define "fidelity" or "faithfulness" in a romantic relationship?	
02 What comes to mind when you hear the word "sin"? Does Andy's definition ("hurting, stealing from, or dishonoring someone") differ from your understanding of sin?	
03 Andy mentioned that culture baits us to the edge of disaster and then shames us when we step over certain lines. Have you found this to be true? Explain.	
04 With whom could you discuss potential areas for sexual guardrails?	
05 What relationship would a guardrail protect?	
06 Who can keep you accountable when you're tempted to step over the guardrail?	

BOTTOM LINE

The point of a guardrail is to light up our conscience before we hurt ourselves or other people.

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Episode 3: "Money Matters"

Do you have money or does money have you?

QUESTIONS	NOTES
01 On a typical day, how often do you think about money?	
02 Are you a saver or a spender? In what ways have you benefited from that tendency? In what ways has it caused challenges for you?	
03 Why is it challenging to *not* worry about money?	
04 Do you agree you can be financially responsible but still have an unhealthy relationship with money? Why or why not?	
05 What's your initial reaction to the idea of inviting God into your financial decisions?	
06 In what ways, if any, would you like your current level of generosity to change?	
07 How difficult would it be to prioritize your finances according to "give, save, live"?	

BOTTOM LINE

Money doesn't control us when we acknowledge that our lives are more than our stuff.

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Episode 4: "The Heart of the Matter"

If we look close enough, we see that the emotions inside of us have the potential to hurt those around us. So how do we minimize the negative effects of guilt, anger, greed, and jealousy?

QUESTIONS

01 *"Above all else, guard your heart, for everything you do flows from it"* (Proverbs 4:23). What are some examples of how "your heart" impacts how you react or behave?

02 How much anxiety are you currently experiencing in life? Is guilt, anger, greed, or jealousy contributing to your anxiety?

03 Of those four emotions, which is the most challenging for you to control? Explain.

04 How could the following tactics help you combat the emotions that tempt to control you? How could you implement them in your life?

Guilt	Confess
Anger	Forgive
Greed	Give
Jealousy	Celebrate

NOTES

BOTTOM LINE

Confess when you're guilty. Forgive when you're angry.
Give when you feel greedy. Celebrate others when you're jealous.

Learn something new? Have any epiphanies? Tweet your story and tag us @YourMove.

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