

Guardrails Pt. 2



This guide goes along with "O on queue – Episode 011: Guardrails – Part 2", available at www.qonqueue.com and through most major podcast sites and apps.

GUARDRAIL (def.): *a protective railing along a path, road, or stairway; a safety barrier used to keep you from harm's way*

Genesis 3: 11-13 (NIV)

We need to set up protections that prevent us from believing the devil's lies.

- Put yourself in a scenario where it is extremely difficult to hear the voice of the enemy.
- Surround yourself with people who keep telling you the truth.
- Create healthy habits for yourself and establish systems of discipline.

GOOD JUDGMENT vs. BEING JUDGMENTAL

Judgmental – you form an opinion about the behavior, actions, or decisions of others

Judgment – you make informed and wise decisions for yourself

We drop our guard when we're around people we are comfortable with.

Proverbs 13:20 (ESV)

WALK WITH THE WISE

Guardrails with our spouse = NEVER DISRESPECT

THIS IS YOUR CHOICE – Make the WISE choice

Luke 7:35 (AMP)

Wisdom ALWAYS has the last word.

PRACTICAL STEPS FOR BUILDING GUARDRAILS IN YOUR LIFE

1. **Identify areas where you're struggling where they may be needed.**
2. **Develop action steps to establish a guardrail (Baby steps - short-term, mid-term, long-term)**
3. **Allow your behavior changes to become habits. (Repeated behaviors for 21 or more days)**