



I Declare: Marriage & Relationships Edition

Week 4: Guardrails for a Marriage that Lasts

CCV Sermon Guide

OPENING QUESTION:

If you could have a 'guardrail' to keep you from indulging in your guilty pleasure—like binge-watching your favorite TV show or eating too much ice cream—what would it look like, and how would it work?

STUDY COMPANION VIDEO

READ:

[1 Corinthians 6:18](#)

[Proverbs 5:8](#)

[1 Corinthians 7:1-6](#)

[Matthew 5:27-30](#)

DISCUSS:

1. Can you share a time when setting a personal boundary or 'guardrail' in your life helped you avoid a potential pitfall or mistake?"
2. How do the scriptures, such as Proverbs 5:8 and 1 Corinthians 6:18, guide us in setting guardrails for our relationships and personal lives?
3. Reflecting on your own life, what specific guardrail can you implement to protect the purity and strength of your marriage or significant relationships?

CHALLENGE:

- **Singles:** Spend some time reflecting on your personal values and what you want in future relationships. Write down three boundaries you can set now to protect your heart and mind, such as limiting exposure to media that romanticizes unhealthy relationships or being mindful of the company you keep. Share these boundaries with a trusted friend for accountability.

- **Married Couples:** Set aside time this week to have an open and honest conversation with your spouse about the current guardrails in your marriage. Discuss any areas where you both feel additional boundaries might be beneficial. Commit to one new guardrail together, such as avoiding spending time alone with someone of the opposite sex, and/or giving each other access to your social media accounts.

TAKE HOME QUESTIONS:

Table Talk (a question to ask your family or friends over a meal): What are some personal rules or boundaries you think are important to help keep us safe and happy in our relationships and daily life?

Water Cooler (a question to ask at work): What's a personal boundary or rule you've set for yourself that helps you stay focused and balanced in your work or personal life?

PRAYER:

Heavenly Father,

I come before You with a grateful heart, seeking Your wisdom and guidance. Thank You for the gift of relationships and the love that you've given me. I ask for Your strength and discernment as I set boundaries that honor You and protect what is most precious to me. Help me establish guardrails that keep me safe from harm and lead me closer to Your will. May Your Holy Spirit empower me to guard our hearts and minds, and may my actions reflect Your love and grace. Bless my marriage, friendships, and all of my relationships, that they may thrive and bring glory to Your name.

In Jesus' name, I pray. Amen.

Study:

- For Marriages: [Boundaries In Marriage](#)
- For Singles: [How to Set Boundaries in Christian Dating](#)