



## SANCTUARY REFLECTION GUIDE

### August 3, 2025

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**Title:** Guardrails: Crash Prevention

**Preacher:** Rev. Stephen Lohoefer

**Scripture:** Genesis 3:1-5

No one gets behind the wheel planning to crash. Yet, it happens every day. People crash, not because they meant to, but because they drifted, got distracted, or ignored the warnings. This isn't just true for driving. It's true in life. People don't plan to wreck their marriage, lose their integrity at work, or compromise their financial future. But all too often it happens when we live without guardrails.

In this new series, "Guardrails," we are exploring the spiritual boundaries God gives, not to restrict us, but to protect what matters most. In this sermon, we begin in Genesis 3 with a subtle question that changed everything: *Can God really be trusted?*

### REFLECTION QUESTIONS

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1. What stuck out to you about this sermon? Was there an idea that was particularly meaningful or challenging for you?
2. Read Genesis 3:1-5 together. What do you notice about the serpent's strategy? How does he affect the way Eve sees God and His command?
3. How does our culture define freedom? And how might that differ from the freedom God promises in Scripture?
4. The message to "follow your heart" or "do what feels right" is everywhere. What are some potential challenges or downsides to living by these mottos?

5. How might boundaries or “guardrails” be a necessary part of love, rather than in conflict with it? How might understanding this change the way we approach our relationships with God and each other?

## WEEKLY PRACTICE

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Psalm 23 is a famous, well-loved passage for good reason. It paints a vivid picture of God’s tender care for us. **This week, we invite you to slow down and pray through it using Lectio Divina**, asking God to deepen your trust in His love and wisdom as your Good Shepherd. Lectio Divina is an ancient way of reading Scripture that helps us slow down and listen for how God is personally speaking to us today. It has four simple steps: *Ready, Read, Reflect, and Respond*.

1. **Ready:** Find a quiet, comfortable place where you won’t be disturbed. Spend a moment in silence, quieting your mind and settling your body.
2. **Read:** Invite God to speak to you through this psalm. Read through the passage slowly and attentively. Take note of words, phrases, or ideas that stick with you.

### Psalm 23

*The Lord is my shepherd, I lack nothing.  
He makes me lie down in green pastures,  
he leads me beside quiet waters,  
he refreshes my soul.  
He guides me along the right paths  
for his name’s sake.  
Even though I walk  
through the darkest valley,  
I will fear no evil,  
for you are with me;*

*your rod and your staff,  
they comfort me.  
You prepare a table before me  
in the presence of my enemies.  
You anoint my head with oil;  
my cup overflows.  
Surely your goodness and love will follow  
me  
all the days of my life,  
and I will dwell in the house of the Lord  
forever.*

3. **Reflect:** After you finish, go back and read the psalm once more. This time, focus on the words or images that stood out to you the first time. Ask yourself what God might be trying to say to you through this passage.
4. **Respond:** Pray what you are hearing back to God in your own words. You might prefer to journal your thoughts or speak to Him out loud. The point is that you create space to have a conversation with God.