

## Rumble Strips

### Ready:

*"[Whoever] still won't obey after being warned many times will suddenly be destroyed. Nothing can save him."* – Proverbs 29:1 (NIRV)

### Set

Every now and then when I'm driving I go outside the lines and hit those rumble strips that make my car rattle and warn me to get back in my lane. While they're annoying, they often keep me from disaster.

In the Bible, God sets up guardrails, or principles, designed to protect us. For example, in Ephesians 5:18 He tells us not to get drunk because it'll lead to reckless actions. If we stay inside His guardrails, we'll experience God's best! However, before we hit these firm guardrails, we can choose to put rumble strips in place that warn us ahead of time. These are personal standards of behavior (e.g. not going to parties with alcohol) that prevent disaster and promote the life of Christ in us. They can be different for everyone, but they help us stay far from sin and decisions we'll regret.

Rumble strips do several things:

- **Wake us up.** Sometimes we don't realize the decisions we're making could lead to big mistakes. Going over a rumble strip can open our eyes.
- **Keep us on track.** God's narrow road leads to life (Matthew 7:14). He has an amazing adventure planned for us, but choosing detours creates delays and robs us of a deep relationship with Him.
- **Prevent disasters for us and others.** Our choices affect more than just us. Others will get hurt when we cross rumble strips.

Pay attention to God's warnings, and set up rumble strips in key areas of your life (relationships, alcohol, etc.) that will warn you of danger and keep you on the path that leads to life.

### Go

- When are you most vulnerable to fail?
- What rumble strips do you need to keep you from disaster?

### Workout

Matthew 7:14

Luke 16:19-31

Acts 27:9-20

### **Overtime**

“Father, show me where to put rumble strips in my life that protect me from sin and promote life. In Jesus’ name I pray. Amen.”

### **Bible Reference:**

Matthew 7:14

Luke 16:19-31

Acts 27:9-20



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