

# Journey: Guardrails

## #2 When Love Leads the Way



### Monday — Anchored in Love

**Scripture:**

*My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me. Galatians 2:20*

**Reflection:**

Love is not just the starting point of faith—it is the anchor that holds us steady. When love leads, we stop striving to secure ourselves and begin trusting Christ to live through us.

**Question:** Where am I still trying to anchor my life in something other than God’s love?

**Practice:** Sit quietly and repeat: “I am fully loved in Christ.”

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### Tuesday — A Humble Posture

**Scripture:** *In the same way, you who are younger must accept the authority of the elders. And all of you, dress yourselves in humility as you relate to one another, for “God opposes the proud but gives grace to the humble.”*

*6 So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. 7 Give all your worries and cares to God, for he cares about you. 1 Peter 5:5–7*

**Reflection:**

Humility is not self-will; it is grace-formed. When we release control, we discover that God’s care is already holding us.

**Question:** What anxiety might God be inviting me to release today?

**Practice:** Physically open your hands as you pray, symbolizing surrender.

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## Wednesday – The Way of Christ

**Scripture:** *You must have the same attitude that Christ Jesus had...he gave up his divine privileges; he took the humble position of a slave...8 he humbled himself in obedience to God and died a criminal's death on a cross. Philippians 2:5-8*

**Reflection:**

*Jesus did not cling to power—He chose the posture of a servant. Humility is love refusing to make itself the center.*

**Question:** *Where am I clinging to my “rights” instead of trusting God?*

**Practice:** *Serve someone quietly today without seeking recognition. Philippians 2:5–8*

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## Thursday— Gentleness in Motion

**Scripture:** *Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29 Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. Matthew 11:28–29*

**Reflection:**

Gentleness is strength that has been settled by love. It creates space for weary souls to breathe again.

**Question:** How do people experience me when they are tired or overwhelmed?

**Practice:** Slow your response time in one conversation today.

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## Friday— Creating Refuge

**Scripture:** *Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Colossians 3:12*

**Reflection:**

As Christ's ambassadors, we are called to reflect His gentleness. Love that leads becomes refuge for others.

**Question:** Does my presence invite rest or resistance?

**Practice:** Pray that someone would experience the gentleness of Jesus through you this week.