



# **BETTER DECISIONS FEWER REGRETS**

## **THE MATURITY QUESTION — What is the wise thing to do?**

### **ICEBREAKERS:**

- Think about one of the dumbest things you have ever done. Then tell everyone!
- Think about one of the dumbest things you almost did. Then tell everyone why and how you kept from doing it.

### **DISCUSSION QUESTIONS:**

1. How would you fill in the blank: “Can I \_\_\_\_\_?”
2. In your experience, whenever you fill in the blank from the question above, have the results or outcomes been a wise or unwise decision?
3. Jeremy defined guardrails as “something that keeps you in a safe place when headed towards an unsafe place” — currently, what guardrails do you have in your life? As a parent/guardian of kids? In your marriage? At your workplace? With technology? In your finances?
4. Instead of asking the “Can I \_\_\_\_\_?” Question, what would it look like to ask a better question like “What is the wise thing to do?”
  - Based upon past experiences
  - Based on current circumstances
  - Based upon my future hopes & dreams

\*Feel free to take time and pray for each others’ regrets during the discussion.