



accountability

## How does accountability work?

Accountability is primarily ask-ability. It is giving permission for a trusted friend to ask you about how you are living before God in every aspect of your life. It is important to note that it should always be about truth and grace and never judgment. An accountability relationship is a relationship where 2/3 people acknowledge their brokenness to each other and their need to have others to stand with them in their spiritual fight against temptation, sin and Satan.

## Getting started

To begin an accountability relationship simply requires finding another person who you trust who equally wants to be held accountable in their faith. Then establish a weekly/fortnightly time that you can both meet and work through the following questions, fostering honesty with one another, encouragement and prayer for one another. After a while you may not need to ask these questions as you get to know each other better but they can be helpful in establishing the accountability relationship.

Perhaps in the initial stages you might want to put a time frame on it, say for example 3 months/6 months. This gives you the opportunity to see how it goes and to reassess whether it is proving beneficial.

Initially you might be afraid to share so vulnerably with another yet the reality is that none of us is perfect and we are all dependent on God's grace. Taking off our masks can allow God's grace to work in powerful ways in our lives.

James 5:16

“Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.”

## TWELVE ACCOUNTABILITY QUESTIONS

- 1. MOTIVES:** How strong is your desire to completely please God at the moment? What is impacting this desire?
- 2. BALANCE:** Are there any areas in which you feel your life is out of healthy balance at the moment? e.g. family, work, play, rest, TV, friends, reading, ministry, exercise. What can you do about it?
- 3. TIME WITH GOD:** Have you spent appropriate time with God lately? What are you actually doing to grow your relationship with God?
- 4. EVANGELISM:** Who is in your mission community? What are you doing to help them find Jesus?
- 5. ENCOURAGEMENT:** Who have you encouraged recently? Who could you encourage?
- 6. SEX:** Are you allowing your mind to entertain inappropriate sexual thoughts about someone or something? Do you have any sexual struggles at the moment?
- 7. ANGER:** What is making you angry? How long does this anger last?
- 8. FORGIVENESS:** Are you struggling to forgive anyone? Should you be saying sorry to someone?
- 9. JEALOUSY:** Do you feel jealous of anyone? Why? What will release you from this feeling?
- 10. WORRY:** Are any negative thoughts dominating your mind? What influence are they having on your spiritual joy?
- 11. HABITS:** Share any bad habits that you feel are affecting your life.
- 12. ATTACKS:** How does Satan try to stop you pleasing and serving God? Are you sensing any attacks at the moment?

N.B Taken from John Sweetman