



WHAT IS ACCOUNTABILITY?

Accountability

Accountability is confessing your shortcomings with someone in order to prevent these shortcomings from continuing. For Christians, accountability revolves around avoiding sin and temptation. Many Christians even form a relationship with an accountability partner in order to receive ongoing encouragement to grow spiritually as well as to avoid temptation.

Accountability Partner

An accountability partner is another Christian who you meet with and communicate with on a regular basis. You will both hold each other accountable regarding temptation, spiritual growth, and relationships.¹ Accountability partners remind us to follow through with our convictions and are essential for a consistent godly life.

Finding An Accountability Partner

Trustworthy

As you share details and even secrets in your life, you need to be able to trust the person you are confiding in. Your accountability partner needs to be someone you can trust with anything. This goes both ways though, your accountability partner needs to be able to trust that you will keep their struggles private.

Spiritual Maturity

Ideally, accountability partners will both have a genuine desire to grow in their spiritual maturity. As you meet, you will not only encourage one another to grow in spiritual maturity, you will work with one another to help one another overcome barriers to spiritual maturity in your daily lives.

Gender

It is a good idea to have an accountability partner that is the same gender as yourself. Accountability partners share sensitive details about themselves and are vulnerable around one another. This level of intimacy can be dangerous with two people of the opposite sex.²

Dependable

Your accountability partner needs to come through for you (and you for them) in times of need. For example: you might ask for a text every night to help refrain from sexual temptation. If that text only comes every few nights then your accountability partner is not making you a priority.



WHY IS ACCOUNTABILITY IMPORTANT?

Spiritual Growth

As iron sharpens iron, so one person sharpens another.

Proverbs 27:17

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

James 5:16



Resisting Temptation

Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. Carry each other's burdens, and in this way you will fulfill the law of Christ.

Galatians 6:1-2



Encouragement

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

Hebrews 10:24-25



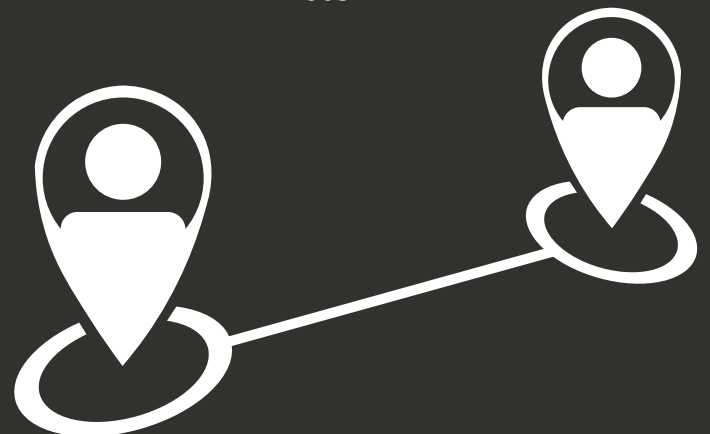
Friendship

Therefore encourage one another and build each other up, just as in fact you are doing.

1 Thessalonians 5:11

All the believers were together and had everything in common.

Acts 2:44



ACCOUNTABILITY CHECKLIST



Spiritual

- Have you read your Bible every day this week?
- Have you spent time in prayer every day this week?
- Have you spent time praising God this week?
- Have you fasted this week?
- Have you attended a worship service this week?
- Have you served God this week?
- Have you spent quality time with God this week?

Relational

- Have you spent quality time with your family this week?
- Have you evangelized this week?
- Have you spent time with your disciple this week?
- Have you spent time with your discipler this week?

Temptation

- Have you viewed anything immoral this week?
- Have you given into temptation this week?