



ACCOUNTABILITY QUESTIONS

SESSION TWO

Remember, accountability is when someone asks you how you are doing in the area(s) that you want accountability in (you are "giving an account"), it is not that person who is setting the expectations for your life, you are. They are there to walk with you, ask you how things are going and how they can best support you in your journey. If you're not sure what to talk about with someone who is helping you grow spiritually and fight sin in your life, consider using some of the questions below:

- What is God teaching you? What are you going to do about it? How can I help?
- Who did you share the gospel with or have a spiritually focused conversation?
- How have you been loving your family (wife, kids, etc)?
- Time wasted - What's your relationship been with TV, video games, YouTube, etc?
- Who have you been pouring into to help them grow spiritually?
- Describe an unhealthy, selfish, or negative interaction you had more than once in the past few months, either at work, home or any place you frequent. How should you have handled it differently? What do you feel the Lord is teaching you?
- Name one strong emotion, thought, or realization (negative or positive) that impacted you in the past 2 months (anger, anxiety, joy, etc.). How did it impact you? How did it impact your faith walk?
- Describe a temptation (anger, idleness, lust, greed, gluttony, etc.) you faced in the past few weeks. On a scale of 1-5, how well did you respond to it? What would you like others to encourage you in doing in your temptations?

HOW TO PRACTICE CONFESSION

Confessing our sins to others is not an easy thing to do, but it's an act of vulnerability and something that can dramatically transform our friendship with another person when it becomes a regular habit. A simple script you could try using can be found on page 55 in *Made for People* by Justin Whitmel Earley. It's going to be a little awkward at first, but keep at it. You might also want to explore the study *Reflection & Confession* by Jan Johnson to learn more about what the Scriptures say about confession.

Caller: How are you?

Listener: I'm good. Thanks for calling. Why do we call?

Caller: Because it is good to tell someone who loves us the things that burden us.

Listener: What has burdened you this week?

Caller: Confesses the big and small things, in brief but real detail.

Listener: Thank you for sharing. Have you left anything unsaid?

Caller: If yes, tells more. If not: No. You know everything.

Listener: Good. If there is more unsaid, you can say it the next time we speak.

Caller: Thank you for listening. You help carry a burden that is too heavy alone.

Listener: You are welcome. I am with you, and Christ loves you unconditionally.

Switch roles. And then both say goodbye.