

ACCOUNTABILITY QUESTIONS

The purpose of this appendix is to equip you with questions that may penetrate your soul and move you to be honest with yourself, God, and someone you trust – namely your accountability partner, so that you may be reconciled to God through His Son Jesus Christ by process of confession. These questions will also help you to possibly identify certain triggers that drive you to use pornography as a self medicating tool, and equip you to better deal with stress and find other avenues to solving problems. Remember that wherever there are physical, emotional, and mental problems there are spiritual problems. If we are not in a right relationship with God, then we will experience problems in all other areas of our lives. When we confess our sins to God we experience forgiveness, and when we confess our sins to one another and pray for one another we are healed (see **1 John 1:9, James 5:16-20**).

RELATIONSHIPS:

(a) Marriage – Do not forget the purpose of your meeting. While you may feel the need to expose your spouse's shortcomings, the purpose is to resolve your own shortcomings. The following questions are derived from **Ephesians 5:21-33; Colossians 3:13; 1 Thessalonians 5:11**.

- Do you spend quiet intimate time with your spouse?
- Do you date your spouse?
- Do you communicate with your spouse?
- Are you sexually active with your spouse? Are you unjustly withholding sexual activity and/or affection from your spouse? (**1 Corinthians 7:1-5**)
- Do you and your spouse do daily devotions together?
- In times of conflict are you able to resolve differences peacefully?
- Do you trust your spouse?
- Do you love / respect your spouse?
- Do you submit to your spouse?
- Are you forgiving of your spouse's shortcomings?
- Do you build up, compliment, encourage, or support your spouse?

(b) Family – This is in reference to keeping order in our homes and it is based on **Ephesians 6:1-4; Colossians 3:18-21; 1 Timothy 3:4-5**.

- Do you spend time with your children?
- Do you train them in God's word? Do you as a family do daily devotions?
- Are you the spiritual leader in the home? (**Deuteronomy 6:6-8**)
- Do your spouse and children submit to you?
- Do you encourage your children? (**1 Thessalonians 5:11**)
- Are you a forgiving parent? (**Colossians 3:13**)
- Do you discipline your children?
- Are you a good provider for your family? Could you do better? (**Proverbs 14:23**)
- To the extent that you can, do you hold a steady job by which your needs and those of your family are being adequately met?
- Do you play favorites with your children? (**Genesis 37; Ephesians 6:4; Colossians 3:21**).
- Do you encourage your children to pursue their dreams or yours?
- Are you upholding your responsibilities to your parents? To your spouse's parents? To other relatives?

(c) Friendships – The necessity to establish friendships is documented in (**Matthew 10:2, 17:1; Mark 5:37, 9:2, 13:3, 14:33; Luke 6:14, 8:51, 9:28; 1 Samuel 18-23; 2 Samuel 12; Ecclesiastes 4:9-12**).

- Do you have an established friend in whom you can share and rely on in times of trouble? (Jesus had three close friends in Peter, James, and John. Jesus' closet friend was John. David had Jonathan.)
- Do you have a Nathan in your life to hold you accountable and advise you in areas concerning spiritual matters?
- Do you choose your friends wisely? (**Proverbs 12:26; 1 Corinthians 15:33**).
- Do you associate with those whose characters are questionable? (Having any kind of intimate relationship with an unbeliever can quickly and easily turn into something that is a hindrance to your walk with Christ.) (2 Corinthians 6:14; 1 Corinthians 15:33).

INTEGRITY:

(a) Work Ethics – (**Ephesians 6:5-9**) can be translated in today's language as employer/employee in place of Master/slave.

- Do you give an honest eight hours work for eight hours pay?
- Are you respectful of your co-workers and your boss?
- Are setting a Godly example in the work place for others to follow?
- Do you follow through on commitments you make to your customers?
- Do you read and otherwise stay up on new developments, ideas, and methods in your field of expertise?

(b) Purity – (**1 Corinthians 6:9-10, 18-20; Job 31:1**).

- Do you look at other women/men with lust?
- Do you struggle with pornography through the use of magazines, movies, and the internet?
- Do you struggle with or have strong desires for heterosexual relations outside of marriage or homosexual relationships?
- Do you struggle with masturbation?
- Do you struggle with your thought life in relation to sex?

(c) Honesty/Deceit – (**Deuteronomy 5**)

- Do you lie to your spouse, accountability partner, friends, family, employer, etc.?
- Do you cheat on your time cards, taxes, etc.?
- Do you steal?

(d) Finances/Stewardship – (**Malachi 3:6-11; 2 Corinthians 9:6-9; Proverbs 22:7**)

- Do you tithe your money to the church?
- Are you a good steward with the blessings God has entrusted to you?
- Do you have a family budget? Do you stick with it?
- Are you generous with the blessings God has bestowed upon you?
- Do you give with a cheerful heart?

(e) Godliness – (**Colossians 3:8; Matthew 18; James 2, 3; Philippians 2:14; Deuteronomy 5; Proverbs 8:13, 29:1; Matthew 23:12**)

- Are you mindful of your language?
- Do your confrontations with people stem from the principles of Matthew 18:15-20? (If you have issues with another person – do not complain to others behind their back.)
- Do you gossip? (If you can't say anything good about another person – don't say anything at all.)
- Do you complain, criticize, and condemn others?

- Are there any idols in your life? (Money, people, yourself, television, internet, pictures, symbols, or anything that takes precedence over God.)
- Do you show favoritism or are you prejudiced?
- Are you humble, or do you struggle with pride and arrogance?
- Do you struggle with anger?

SPIRITUAL GROWTH:

Personal Growth – Do you spend time with God daily? (Reading, listening, and studying His word independently; this is essential to the enhancement of your relationship with God. As in any relationship – you get out of it what you put into it!) (**1 Peter 2:1-3; Psalm 1:1-3**).

Small Group Bible Study – Do you participate in small group Bible study? (It is imperative to receive guidance, insight, and direction from others to further your spiritual growth.) (**1 Thessalonians 2:13; 2 Timothy 3:16; Hebrews 10:24-25**).

Life Application – Do you practice and apply God’s word to your life? How often do you place yourself under the instruction of Scripture? What behaviors do you desire to overcome? What behaviors do you desire to establish? (Failure to do so will not lead to a Godly life in the presence of others. Find an accountability partner who will hold you to these principles of God’s word.) (**James 1:22-25; Ezekiel 33:30-32**).

Same Gender Community Participation – Do you participate in men’s ministries? (This is an essential commitment because we need to address the issues and struggles that members of the same sex/gender deal with in the times we are living.) (**Galatians 6:1-3; James 5:16; Hebrews 10:23-24**).

Accountability – Do you have an accountability partner? Do you have someone who can help you through life’s major temptations and crisis? Do you have someone with whom you can bond with for the purpose of accountability, confession, growth, and prayer? (**Ecclesiastes 4:9-12**).

Outreach – Do you invest your time and talents in any of the outreach ministries by sharing the Gospel message with those who are lost? Do you pour into others what God has poured into you? (**1 Peter 4:10-11; Ephesians 4:11-13**).

Discipleship Training – Do you help others to grow in the word through mentoring? Do you invest in others as they have invested in you? (**2 Tim. 2:22; Proverbs 27:17; Mark 3:13-14**).

Sowing/Gathering – Do you share the Gospel message with your neighbors, co-workers, and family? Do you go and make disciples of all nations? Do you invite anyone to church? (It is imperative to realize that we will reap what we sow, more than we sow, and continue to reap more than we sow) (**Acts 1:8; 1 Peter 3:15; Matthew 28:18-20**).

Prayer – Do you pray for the needs of others, yourself, politicians, world peace, church leaders, pastors, and the church? Do you pray continuously? When you pray do you believe you will receive what you ask for? Do you pray regularly? (**Ephesians 6:18; Philippians 4:6; 1 Thessalonians 5:17; James 5:16; Matthew 21:22; Acts 10:2**)

Spiritual Gifts – Do you know what your spiritual gift is, and are you using it?

PHYSICAL WELLNESS: (1 CORINTHIANS 6:19; JAMES 5:13-20)

Honoring the Day of Rest – Do you take one day out of the week to rest? God has reserved this day for rest so that we do not become exhausted physically, emotionally, mentally, and spiritually. It results in peace in the family, and restores us. (**Exodus 20:8**)

Substance Abuse – Do you struggle with or are you tempted with the following substances: tobacco; prescription or over the counter medications; alcohol, or illegal drugs? Are you abusing these substances to kill the pain of the past?

Exercise – Do you exercise frequently? (Doing so adds years to your life and prevents health problems in all areas of life!)

Eating disorders – Do you struggle with food or are you tempted to overindulge with food? Do you use food to kill the pain of the past? Out of control eating habits are compulsive in behavior and obsessive in thought. Three types of eating disorders are as follows:

1) Anorexia – concerns the habit of under eating. 2) Bulimia – concerns binge eating in which people over-indulge on food and then purge. 3) Binge Eating – which is excessive overeating in which the Bible calls gluttony. (Eating disorders are in disobedience to God's command to take care of oneself (the temple of the Lord), to be holy (transformed by the renewing of our minds and present our bodies as living and holy sacrifices), and to be self-controlled. (**Romans 12:1-2; 1 Corinthians 6:19; Galatians 5:23**).

Quiet Time – Do you set quiet time aside for yourself each day? (This helps you to unwind and to reflect on the events of the day, and spend time sharing those reflections with God. This brings peace into your life and enhances your relationship with God.)