

# FINDING AN ACCOUNTABILITY PARTNER

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## SELECTING AN ACCOUNTABILITY PARTNER

- Be in prayer to God that He may reveal someone who could potentially be an accountability partner.
- Consider possible candidates that could be an accountability partner to you. Suggestions are your church members, close friends, or co-workers. A close friend would be more appropriate because who knows you better than your friends?!
- Selection of an accountability partner should be of the same sex / gender. Do not put yourself in a compromising position by selecting a member of the opposite sex.
- Select someone who is spiritually mature. Both you and your accountability partner should grow together spiritually through the accountability process.
- Select someone who is compatible with you.
- Select someone who has had the same experiences that you are now going through – **preferably** someone who has fought the battles and won.

## REQUIREMENTS & RESPONSIBILITIES FOR ACCOUNTABILITY PARTNERS

- Confidential – Do not violate the other person's confidence! This will lead to gossip and judgment of the person who was violated. A gossip betrays a confidence, but a trustworthy man keeps a secret. (**Proverbs 11:13**)
- Consistent – Commitment must be a priority that doesn't relent to the pressures of this demanding world. Some accountability groups meet once a week, bi-monthly, or monthly. Failure in consistency in this area shows up in all other areas of your life. (**Hebrews 10:24-25**)
- Confrontational – Partners must be confrontational; that is to "speak the truth in love" (**Ephesians 4:15**), and "spur one another on toward love and good deeds" (**Hebrews 10:24**). See also **Proverbs 27:6**. If confrontation is absent the relationship becomes superficial.
- Non-judgmental – Do not judge another harshly, rather help them to see their shortcomings and help them to grow; (**Galatians 6:1-2**).
- Genuine – consists of sincerity and transparency. When sincerity exists in an accountability relationship it is free from hypocrisy and deceit, it consists of comfortably communicating and trusting the person or persons we are accountable to. Transparency is the ability to make ourselves vulnerable without the fear of being judged. Transparency is an excellent personal quality trait because it frees us from bearing the burden of guilt, and leads to good mental, physical, and spiritual health. (**Galatians 6:1-2; 1 Corinthians 12:12-26; James 5:16**).
- Love – this is based on our attitude towards one another and it is built upon kindness, fairness, and patience. We love one another in spite of our shortcomings with the objective of teaching each other and learning from each other. It is imperative to note that we can be loving, accepting, and confrontational all at the same time, (**John 13:34**).
- Empathy – This involves experiencing of the feelings, thoughts, or attitudes of another. Through this process we bear one another's burdens (**Galatians 6:2**); and we rejoice with others in their joys and weep with them in their pain (**Romans 12:15**). See also (**1 Peter 5:8-9**).
- Inquisitive – If certain subjects affecting a person's spiritual growth seem uncomfortable, it is your job to further investigate the reasons behind the discomfort. View your job as that of a spotter for a race car driver. Your objective is to achieve spiritual growth, integrity, and personal wellness.
- Goal Oriented – Establish goals that can aid in the deliverance from repeating things of the sinful nature, and lead to greater accountability in problem areas.
- Encouragement – Accountability relationships should consist of 75% encouragement and 25% teaching, correcting, and rebuking. (**Hebrews 10:24-25; 2 Timothy 3:16**).