

Accountability Partner: Frequently Asked Questions



A Note from Michelle:

Hey there! I am so glad that you are interested in staying accountable with another young lady, helping her to also stay accountable in your walks with Jesus.

*(*NOTE: To quickly print the "Accountability Partner Question Prompts," *PRINT pages 7-8—front/back or separate pages, depending on your preference. Print a copy for each of you.)*

Whether you are wanting to disciple a younger woman (or younger in faith) ... whether someone has offered or agreed to disciple you... or whether you are peers seeking to intentionally edify & encourage one another toward Jesus, I hope this guide will give you a simple, easy-to-follow start on this journey. *My list of questions is not meant to be "THE" question prompts necessary to have accountability with someone, but rather as a starting place for guided, intentionally edifying discussion.*

***FREQUENTLY ASKED QUESTIONS ABOUT HAVING AN ACCOUNTABILITY PARTNER:**

To get us started, let me answer some questions you may have about what an accountability partner is, how to have accountability, what NOT to do in accountability, etc. Let's get started!

1. What is an accountability partner?

Life can be hard sometimes & it is easy to be deceived by well-meaning advice (or upbringing) that does not quite line up with God's Word—the Bible (the only TRUE standard of TRUTH that we can count on in life), *(2 Timothy 3:16-17)*. Having another person to live life alongside, in the specific pursuit of knowing & loving God more, is the worthiest pursuit—AKA an accountability partner!

An accountability partner is someone with whom you make intentional efforts to invest in their walk with Jesus—edifying (building up in Truth—God's Word, the Bible—versus human opinion) *(Ephesians 4:29)* & encouraging one another as you seek Jesus & as you both seek to live a life that pleases & honors Him, in all areas of life, together.

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2. How do I choose/get an accountability partner?

The first thing to do when seeking to find an accountability partner is to **PRAY** (*Proverbs 3:6*). God can guide your heart to someone who would benefit from or is looking for this same sort of accountability in her life.

*(*Note: I always recommend meeting with someone of the same gender as you can better relate to one another & not get emotionally involved in a romantic way—the purpose of accountability is meant to be God-centered versus romance-driven, **but** these questions most certainly may be used with a spouse or in a dating relationship that seeks to put God first in their relationship.)*

Some guidelines would be to start by **joining & becoming a part of a local Bible-teaching church**. God calls Christians the “Body of Christ” (*1 Corinthians 12:12-27*) with each person a working member of that body & Christ as the Head. This means we need to be involved, seeking to contribute how God calls us in the local church.

Then, if God is directing you to reach out to a specific woman for the purpose of accountability, ask God for the words, guidance, & courage... & then ask her.

If you don't feel any specific nudge, ask God if you should wait on Him—trust His lead. But make sure that you don't let insecurity/fear drive your hesitancy. He will help make it clear to you if you seek Him for HIS answer.

If you feel no nudge to wait, **ask a lady whose walk with Jesus seems genuine & sincere** whether she would be interested in meeting one-on-one for this purpose.

3. How do you keep each other accountable?

It can be easy, at least for me, to get swept up in the demands & routines of life, forgetting to stop & seek God's wisdom, comfort, strength, or help. **An accountability partner is someone with whom you constantly point each other back to Him & His Word (the Bible) in all areas of life, big & small, as the hope & answer in all things.**

It is making intentional, persistent effort to point to Him & turn to Him & His Word in all things big or small—*this includes also praying regularly with & for one another.*

4. Do you have to be a Bible teacher or know everything before meeting for accountability?

NO! The whole point of accountability is that we ALL have weaknesses & blind spots. We are ALL growing. And we need each other.

To be an accountability partner doesn't mean you have all the answers, but that you know Who DOES-God Almighty! When you meet someone for accountability, it is not because either of you have it all together but rather because none of us do, despite appearances, & we need to be diligently & intentionally praying for one another & consistently pointing one another back to Him as our answer in all things.

5. How often should you meet?

I recommend meeting weekly, as the entire purpose of accountability is to stay accountable to one another—which is difficult to do if you rarely speak to or see one another—but if your schedules do not allow for that, I recommend meeting **AT LEAST** every other week (while checking in with a call or text/email on the alternate weeks when you do not meet).

6. What Can I Expect in Accountability with Someone?

- A. Firstly, **accountability takes a willingness of honesty** with yourself, your accountability partner, & most importantly: God. It doesn't always feel good, but the Truth will set us free (*John 8:31-32*) & doing life God's way is worth the discomfort of facing the fact that your way is not. Be willing to get real!
- B. **Accountability requires a willingness to accept that what you "know" may not be right.** We need to stay humble & always willing to yield what we grew up believing for the Truth written in God's Word. Be willing to be wrong & learn... & pray for discernment when you're not sure, being willing to let God change your mind.
- C. **God's Word—the Bible—is the ultimate Truth**, no matter your upbringing or cultural norms... be willing to set aside your logic &/or "wisdom" to seek God's Truth. "FEAR God" is repeated throughout the Bible, meaning... HE is GOD & you are not.... If your opinion differs from God's, recognize that YOU are the wrong one, by default.

- D. **EXPECT disagreements.** Any friendship that honors God will most certainly become a direct target for Satan's schemes. Be on the lookout for misunderstandings, bickering, hurt feelings, etc. & PRAY. Don't let Satan divide & conquer. Expect him to try & be proactive about praying over your time together & the discernment from God to not allow Satan's attacks to prevail in breaking up your God-honoring time together.

7. What should we be careful NOT to do in accountability?

- A. **DON'T gossip** about others. Slander is very easy, especially when you have good intentions to "warn" someone else about the person. Remember that slander is saying ANYTHING negative about someone, even if it is true. Take it to God, & that other person, if necessary, instead.
- B. **DON'T share anything said with outside persons**, unless you are given explicit permission to do so. What is said in accountability should stay between the two of you *(unless they need immediate help for their safety, in the case of suicide plans, etc.)*.
- C. **DON'T act as their judge & jury.** Leave that role to God. Point them lovingly to Truth & pray with/for them. We all make mistakes & have sin &/or strongholds in our lives we need to work on. *(Matthew 7:3-5)* Instead, work TOGETHER, with God's help.
- D. **DON'T get hung up on differences.** Be gracious & patient with one another, praying for God to protect your accountability partnership, as Satan will for sure do anything he can to create a divide between you. If you are bickering or hurt, don't let Satan have the win in separating a partnership which honors God. Take it to God for healing & wisdom & a bridge back. (See also: 6C above.)

8. How do you do accountability?

Basically, that is entirely up to you &/or how God leads you.

Here are some options I have seen used in accountability:

- A. Some women **talk about life & then pray** over what has been discussed—***discussion prompts for this type of accountability are included in this journal on pages 7-8 (the provided question prompts are not meant to be exhaustive, but to be used as a starting point, to help you stay on task & purposeful in your discussions when you meet).***

- B. Some women **read a chapter in the Bible** when they meet & **then discuss it or dig deeper** together (looking up original Greek/Hebrew, talking about what God wants to teach us about Himself or how to live a life that pleases & honors Him, etc.)—*for more direction with this type of accountability, I highly recommend my friend Katie Orr @ www.katieorr.me Her passion is teaching women HOW to study the Bible for themselves versus relying on what others learn & teach, letting God's Word teach you directly.*
- C. Others **talk about questions they have about life or the Bible & then look up references in the Bible** where it discusses those topics so they can learn & grow from God's Word together.

9. What is the purpose of accountability?

Whatever you do, the **SOLE PURPOSE** of accountability is to **SEEK HOW TO LOVE & HONOR GOD WITH OUR ENTIRETY OF LIFE** aka Holiness.

For the Bible tells us to “Be holy, for I [God] am holy.” (*1 Peter 1:16*)

Holiness does not mean you have to pretend to be perfect. It doesn't mean exhausting yourself to be the “ideal” Christian volunteering for any & everything, being the end-all, be-all for everyone, or having all of the right answers.

Striving to be holy also cannot save you. ONLY Jesus can save you! He took our debt against God, (the earnings of that being Hell), & He took it on Himself, dying with the weight & burden of OUR sin on Himself, rising again (Easter) conquering both sin AND death on the cross! This means we have His IMPUTED righteousness—or, in other words, holiness in the eyes of God for the purpose of our being made right with God—that we can do nothing to earn—when we accept Jesus' payment on our behalf, repenting to God of our sins & turning from them to God's will & way... Righteousness accounted as ours through the work of Jesus on our behalf & not based at all on our own works.

So, why does God say, “Be holy, for I am holy,” if we have imputed righteousness only gained through Jesus’ free gift to us? Because while this pursuit of holiness cannot save us—Jesus already did that!— **it is a life that flows out of gratitude, seeking to trust God with more by obeying Him more** (because He is ALWAYS right & is a Benevolent, Almighty King). **It is a life that says, “Thank You, God, help me live in a way that honors You, that points to You as my hope, & that pleases You in all that I do!”**

And the other notable blessing of this pursuit is that **God promises to HELP us live for Him every step of the way**, as we seek His Word & His guidance, through Prayer.

ONE LAST THING: Before you use these provided resources, please ALWAYS begin with prayer. These resources are made by me, through God’s help to me. But God knows you & your needs better than you or I ever could. It is always best to start by consulting Him & having Him take the lead in your spiritual growth. <3

→→→It’s time to begin! Go ahead & print off the next 2 pages: (pgs. 7-8)—either front/back or separately, depending on your preference—one copy per person, & enjoy seeking a life of holiness, a life pleasing & honoring to God, TOGETHER! ← ← ←



DATE: _____

Accountability Partner Question Prompts:



1. Write your Accountability Partner's responses in the spaces provided



2. Pray together when you are finished with your time together.

1. What is something you are grateful to God for this week?

2. What has God been teaching you over the last couple of days/weeks?

3. What have you been reading in the Bible recently & did you learn anything specific from it?

4. What is one area you want to be growing in spiritually?

5. Is there anything you feel you are clinging to for hope, other than God, that may be a stronghold in your life that you need to hand over to Him?

6. Is there anything you feel you need to confess to God & repent? (This one she can do silently before God—especially if it involves another person—or out loud.)

7. Is there a sin with which you feel you are struggling (or something with which you feel unwilling to obey God) & would like me to help you stay accountable with it?

8. What would you like me to be praying for you specifically this week?

(These questions may feel awkward to you at first, especially if you are unused to talking about them or recalling them to mind, but repetition is your friend. Each week, you will begin to recognize yourself becoming more aware of these things in your life & recalling them will come more easily as you train your focus to be fixed on Him in everything big & small, knowing you will be asked these questions each week.)

“As you seek God’s hand in everything, you will begin to see God’s hand in everything.” -Unknown