

Relationships of Accountability

How to be Accountable to Someone

❑ **Find someone to trust.** If your best friend has accidentally leaked your secrets, your best friend probably isn't the person you should be accountable to. If you don't want to ask a friend, consider asking your pastor to hold you accountable.

❑ **Find someone who is the same gender.** Accountable relationships sometimes require you to express very intimate thoughts and feelings. Someone of the opposite sex may not know how to interpret some of your feelings.

❑ **Be completely honest.** Don't change the facts to make yourself look good, and don't withhold important information. Remember that the relationship is for your personal growth.

❑ **Focus on a few areas.** Don't feel that you have to confess every sin you've committed since your last meeting. Your relationship of accountability isn't designed to take the place of your relationship with God. It's designed to help you change patterns of behavior. Focus on the key areas in your life that God is calling you to change.

❑ **Meet regularly.** Whether you decide to meet once a week or once a month, set aside a regular time to meet with your accountability partner.

❑ **Expect your partner to keep you accountable.** Encourage your partner to ask the tough questions, to challenge you to grow, and to pray for you between meeting times. Don't get defensive or offended when they do what you ask of them.