

ACCOUNTABILITY GUIDE

for Christian Friendships (Men)

These questions are to guide a regular conversation between two or more brothers in Christ. (Unmarried men may skip the “Family” section.) Answer each question specifically for the time period since your last meeting.

Italicized questions are for further discussion. Bold questions summarize each category and are useful if time is limited.

SOUL

Describe your spiritual and emotional health.

1. On how many days did you devote time to Scripture and prayer? **All Most Some** / Missed: _____
2. Did you meditate on or memorize Scripture? **Yes No** /
What passage? _____ (*Quote when ready.*)
3. Are you content and delighting in Christ? **Yes No Unsure**
4. Are you using any person, activity, or substance in place of Christ to satisfy your soul? **Yes No** / _____
5. *What is encouraging you recently?*
6. *What is discouraging you recently?*

BODY

Report your physical health choices.

7. On how many days did you purposefully exercise? _____
8. Were you wise and restrained in your diet? **Yes No**
9. Did you make time for rest and renewal of your body and soul this week? **Yes No** / *Describe your rest.*
10. Rate your energy for the coming week(s). **1 2 3 4 5**

PURITY

Confess recent notable sins to your brother(s).

11. What sinful thoughts and actions are tempting you recently (unbelief, pride, discontentment, bitterness, lust; speech sins, substance abuse, laziness, indulgence, etc.)?

12. In your battle against lust, what was your frequency of mental fantasy? ____ lustful viewing (pornography)? ____ self-indulgence (masturbation)? ____
13. Have you been confessing these sins to God? **Yes No**
14. *What measures should you use this week to “mortify the flesh” and resist temptation in the power of the Spirit?*

FAMILY

Describe your fulfillment of family responsibilities.

15. *Rate and describe your loving attention toward your wife.*

	None	Little	Some	Plenty
Quality Time				
Discipling				
Intimacy				

16. *Rate and describe your attention toward your children.*

	None	Little	Some	Plenty
Quality Time				
Discipling				

STEWARDSHIP

Report how you spent your time and money.

17. Did you waste any time you should have spent in another way (beyond necessary recreation)? **Yes No** / *Describe.*
18. Were you generous with your money? **Yes No** / *Describe.*
19. Did you make any foolish purchases? **Yes No**
Describe any occurrences and your reasons for making them.

MINISTRY

Describe your church and disciple-making activity.

20. Did you have a gospel-/truth-related conversation with an unbeliever? **Yes No** / *Describe the interaction(s).*
21. Did you have a purposeful discipleship encounter?
Yes No / *Describe the interaction(s).*
22. Did you invest in the people and activities of your church?
None Little Some Plenty / *Describe.*

WORK

Describe challenges and temptations in the workplace.

23. *Describe any significant challenges you are facing at work.*
24. *Describe any sinful attitudes challenging you at work.*

* * * * *

25. Is there anything else your brother should know?
Yes No / *Explain.*
26. Is there anything from this conversation that someone besides us should know? **Yes No** / *Discuss.*

PRAYER REQUESTS

27. *How would you like your brother(s) to pray for you?*

- _____
- _____
- _____