

FRIENDSHIP TRANSPARENCY

This guide is intended to facilitate a habitual discussion with one or more brothers in Christ. Questions with blanks are answered ahead of time. Prompts in italics are intended for conversation.

SOUL & BODY

1. On how many days did you devote quality time to God in His Word and prayer? **All Most Some** / Missed: _____
2. Did you meditate or memorize Scripture since our last meeting? **Yes No** / What passage? _____
3. Are you using any person, activity, or substance in place of Christ to satisfy your soul? **Yes No** / _____
4. Did you take time for Sabbath rest and renewal of your body and soul this week? **Yes No** / *Describe your rest.*
5. How many days did you exercise? _____
6. Did you exercise restraint in your diet this week? **Yes No**
7. *What is encouraging or discouraging you right now?*
8. Rate your energy (emotional/physical) for the coming week(s). **1 2 3 4 5** / *Describe causes and possible solutions.*

FAMILY

9. Since our last meeting, have you given appropriate time and loving attention to your wife?

	None	Little	Some	Plenty
Quality Time				
Discipling				
Intimacy				

10. Since our last meeting, have you given appropriate time and loving attention to your children?

	None	Little	Some	Plenty
Fun				
Discipling				

PURITY

11. What sinful thoughts are you battling (unbelief, pride, discontentment, bitterness, lust)? _____

Are you resisting these thoughts in the Spirit? **Yes No**

12. In your battle against lust, what was your frequency of...
mental fantasy? _____

lustful viewing/content (porn.)? _____

self-indulgence (mast.)? _____

What measures should you use this week to resist temptation?

WORK & MINISTRY

13. *Describe any sinful attitudes challenging your vocational work.*
14. *Describe any testimony opportunities in your vocational work.*
15. Did you have a gospel conversation with an unbeliever since our last meeting? **Yes No** / *Describe the interactions.*
16. How many discipleship encounters did you have since our last meeting? ____ / *Describe the interactions.*

PRAYER

List your **brother's current requests** for this cycle here:

- _____
- _____
- _____
- _____

17. What would you like your brother to pray with and for you about before your next meeting?

- _____
- _____
- _____
- _____