

ENCOURAGEMENT & ACCOUNTABILITY GUIDE

This guide is designed to help you get started in an accountability relationship for the sake of encouragement and spiritual growth.

PURPOSE

Encouragement and accountability help group members grow in Christ by praying for one another, following through on commitments, and taking next steps together. The goal is not to shame people, but to help each other grow with honesty and grace.

WHY SAME-GENDER PAIRS/SMALL GROUPS?

- Same-gender pairs/small groups make it easier to be honest.
- Encouragement makes growth feel supported.
- Accountability helps people follow through.
- Smaller size helps for scheduling and consistency.
- Regular check-ins help spiritual habits become consistent.

FOCUS AREAS

Pick 1-2 areas that you would like to grow in. These are the things you will check-in about weekly. Here are a few examples:

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|---------------------|-------------------------|
| • Scripture reading | • Parenting |
| • Prayer | • Sexual purity |
| • Serving | • Consistency |
| • Sharing faith | • Spiritual disciplines |
| • Marriage | • Generosity |

MEETING DETAILS

- Meet or have a significant phone call weekly or every other week.
- Keep it short and consistent.
- Pray specifically for one another.
- Follow up on last time's commitments.
- Encourage honesty and grace.
- Keep conversations confidential unless safety is a concern.

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GAURDRAILS

- Don't turn accountability into control.
- Don't try to cover every area of life at once.
- Don't pair people who will avoid honesty.
- Don't make the relationship too long without review.
- Keep the goal focused on growth in Christ.

ACCOUNTABILITY MEETING PLAN EXAMPLE

Week 1 Meet, set goals, and agree on expectations

Week 2 - 11 Check-in, pray, and follow up

Week 12 Review growth and decide whether you want to continue meeting

SIMPLE CHECK-IN QUESTIONS

- What is one thing we can celebrate from last week?
- What is your focus area(s)?
 - How has it been going since our last meeting?
 - What is God teaching you? / What are you learning?
 - What feels hard or discouraging?
 - What feels encouraging?
- What are you tempted to hide or minimize?
- How have you been feeding your flesh?
- How have you been feeding your soul?
- How have you been serving others?
- What is one next step before we meet again?
- How can I pray for you this week?

OTHER QUESTIONS BASED ON TOPIC

Heart and Life

- What is heavy on your heart right now?
- Where do you feel anxious, tired, or discouraged?
- What has been encouraging you lately?
- Where do you need God's help this week?

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OTHER QUESTIONS BASED ON TOPIC

Spiritual Growth

- How is your time in Scripture and prayer going?
- What truth from God's Word do you need to remember?
- Is there an area where you need strength to obey?
- Is there a temptation, sin pattern, or spiritual burden we should pray about?

Relationships

- Is there a relationship that needs wisdom, healing, or courage?
- Who are you trying to encourage or forgive?
- How can I pray for your family, marriage, friendships, or parenting?
- Is there someone you are burdened to reach with the gospel?

Work and Daily Life

- What is happening at work, school, or home that we should pray about?
- Where do you need wisdom or patience?
- What feels overwhelming right now?
- What would faithfulness look like in this situation?

Accountability

- What did you say you would do last time?
- How did it go?
- What got in the way, if anything?
- What was the hardest part?
- When did you notice yourself drifting?

Next Steps

- What is one thing you will do before we meet again?
- What would make that easier?
- What support do you need from me?
- What is your backup plan if the first plan falls through?
- What would faithfulness look like this week?