



**CHRISTIAN ACCOUNTABILITY: A DISCUSSION GUIDE**  
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Christ-Centered Conversations for Covenant Eyes Users  
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## INTRODUCTION

The following is a personal assessment designed to help you develop a life of godly humility, purity, and integrity. To the best of your ability, fill out this assessment before speaking with your Accountability Partner or Accountability Group, and then use this as a template for conversation.

The aims of this list are to help you:

1. remember and summarize the temptations you have faced, the choices you have made, and the state of your heart;
2. discuss these matters with trusted Accountability Partners;
3. talk concretely with others about ways to guard against sinful actions, thoughts, and motives; and
4. see your need for God's grace—for overcoming both the guilt and the grip of sin.

It may be difficult to get through all of these questions in a single meeting, so choose those which are most pertinent for you.<sup>1</sup>

1. Several sources were consulted to compile and adapt this list of questions, including John Wesley's Band Meeting questions, Bethlehem Baptist Church's pastoral accountability questionnaire, the Life Transformation Group system by Neil Cole, *A Spiritual Formation Workbook* by James Bryan Smity and Lynda Graybeal, Grace Brethren International Missions, Mark Driscoll's sermon "A City in a City," "Talking About Idolatry in a Postmodern Age" by Tim Keller, *Seeing with New Eyes* by David Powlison, and *Gospel-Centered Discipleship* by Jonathan Dodson.



www.covenanteyes.com

1.877.479.1119

1525 W. King St., PO Box 637  
Owosso, MI 48867

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# ACCOUNTABILITY QUESTIONS

Fill out the following questionnaire before meeting with your Accountability Partner or Accountability Group. Use it to spark discussion and encouraging conversation.

## SEXUAL PURITY

1 = HELP!

(CIRCLE A NUMBER)

9 = STABLE

1. I have avoided looking at pornography or other sexually provocative images online or offline.

1 2 3 4 5 6 7 8 9

2. I have avoided images, interactions, or stories online I knew could be seductive or titillating (but wouldn't necessarily be considered "pornographic").

1 2 3 4 5 6 7 8 9

3. I have kept my eyes from second glances and kept my mind from entertaining thoughts about someone (other than my spouse).

1 2 3 4 5 6 7 8 9

4. I have actively avoided known triggers of sexual temptation or titillation.

1 2 3 4 5 6 7 8 9

5. I am successfully fighting the desire to be noticed by or to attract the attention of other men or women (other than my spouse).

1 2 3 4 5 6 7 8 9

6. I have not spent time with a man or woman in a way that could be viewed as compromising to my purity (or my faithfulness to my spouse).

1 2 3 4 5 6 7 8 9

## STEWARDING MY TIME, TALENTS, AND TREASURES

7. I am intentional about showing love to others by the way I serve them with my gifts/talents.



8. I have been intentional about spending appropriate time with my family/household.



9. My family/household is enjoying joy and harmony.



10. My time with technology or media has not displaced time with God, family, friends, work, or my neighbors.



11. I have spoken to and about others with edifying words, not with words that damaged them or their reputation.



12. I pray about my financial expenditures, and I am intentionally generous with others. People can tell from my financial expenditures that God is my greatest treasure.



13. I am intentional about the use of my spare time to pursue wholesome activities.



14. I am intentional about my diet, exercise, and sleep habits.



15. I am not creating the impression that I am better than I am. I do not exaggerate or make much of myself.



16. I am feeling energized for the week ahead.



## SATISFACTION IN GOD

17. I am *resting* completely in what Christ has done for me—not obsessing about my own failures nor putting stock in my own performance.



18. Regularly focusing on gospel gives me great joy that overcomes life's disappointments.



19. When I hear disappointing news, I do not complain or live in doubt or fear, but instead I am inspired to pray and trust in God's care and providence.



20. I am enjoying prayer, and I am praying for others and myself with consistency.



21. The Bible is consistently shaping the way I think and live. I spend regular time reading or hearing God's words, and as a result of that time, I have determined to better trust and obey God in specific ways.



## DISPOSITIONS OF THE HEART

22. Though Christ is the one I want to put at the center of my life, there are specific people, experiences, or objects that I am tempted to make a chief source of my significance, satisfaction, and fulfillment.<sup>2</sup> (Check all that apply.)

<input type="checkbox"/> SEXUAL PLEASURE	<input type="checkbox"/> GIRLFRIEND/BOYFRIEND	<input type="checkbox"/> CAREER	<input type="checkbox"/> HEALTH
<input type="checkbox"/> FINANCIAL SECURITY	<input type="checkbox"/> PARENT	<input type="checkbox"/> MY IMAGE	<input type="checkbox"/> COMFORT
<input type="checkbox"/> SPOUSE	<input type="checkbox"/> HOBBY	<input type="checkbox"/> FRIEND	<input type="checkbox"/> OPINIONS OF OTHERS
<input type="checkbox"/> FUTURE SPOUSE			

23. I am currently fighting these dispositions in my heart. (Check all that apply.)

<input type="checkbox"/> PRIDE	<input type="checkbox"/> BITTERNESS	<input type="checkbox"/> DISCONTENTMENT	<input type="checkbox"/> WORRY
<input type="checkbox"/> RESENTMENT	<input type="checkbox"/> COVETOUSNESS	<input type="checkbox"/> DOUBT	<input type="checkbox"/> IRRITABILITY
<input type="checkbox"/> SELF-PITY	<input type="checkbox"/> CRITICAL SPIRIT	<input type="checkbox"/> GRUMBLING	<input type="checkbox"/> JEALOUSY
<input type="checkbox"/> UNFORGIVENESS	<input type="checkbox"/> DECEPTIVENESS	<input type="checkbox"/> INGRATITUDE	<input type="checkbox"/> PREOCCUPATION WITH THE OPINIONS OF OTHERS

## OPEN-ENDED QUESTIONS

What am I doing about these dispositions of the heart? (mentioned on above)

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2. Often this can be a difficult assessment to make, so ask yourself some critical questions. What am I most afraid of losing? What do I desire more than anything else? What do I tend to revolve my life around? To what do I run for comfort or escape? What do I tend to worry about? What do I find myself daydreaming or fantasizing about? Where do my thoughts drift in the quiet moments? What do I complain about most? What angers me the most? What has caused me to get angry with God? What do I pray for? What makes me happiest? What do I want to have more than anything else? What do I make the biggest sacrifices for? Whose approval am I seeking? On my deathbed, what would I say has made my life worthwhile?

What on my Internet Accountability Report should draw my Partner's attention?

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What do I hope none of my Accountability Partners ask me about?

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When it comes to my habitual sins, is there a time of day, a place, a person, or a mood that tends to open the door to more tempting situations?

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What good habit do I believe God wants to form in my life? Have I taken specific steps to develop that habit?

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What am I praying for? Have I received any specific answers to my prayers?

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How can my Accountability Partner(s) pray for me?

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