

# Implementing Accountability

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**Definition:** Accountability means having a relationship with someone where you're open with them about the areas you not doing well in, and they tell you the hard truths you need to hear

Accountability should also include being open about areas that you might not be problems currently, but that you have reason to suspect could become problems in the future

## How to Implement Accountability

### 1. Pick a Person to Have Accountability With

- Pick someone who has grown how you want to grow (Hebrews 13:7)
- Pick someone who wants to help
- Pick someone who is godly
- My recommendations for where to start (in order)
  - 1. Discippler
  - 2. Pastor
  - 3. Counselor
  - 4. Roommate/Spouse
- Whether or not you consider your pastor or discipler your main accountability person, you should be accountable with them anyways. (Hebrews 13:17)
  - Your leaders have been charged with keeping watch over your soul, and the Bible teaches that you should try to make that job easier for them
  - If you want to make it easier for them, you should be open with them about what's going on in your life

### 2. Know Which Areas to Have Accountability In

- Relationships (Coworkers, friends, church members, spouses, roommates, children)
  - Relationships are the primary area where Christian character is developed
  - Bitterness is something we need watch out for (Hebrews 12:15)
- Devotional life (Joshua 1:8; 1 Thessalonians 5:17)
  - If you're not regularly in the Word and worship and prayer, you won't be growing
- Sexual purity
  - If you struggle with pornography, and you're not trying to get help that's available, I would say that's a sin in itself (Matthew 5:27-30)
  - If you have a small sexual struggle that no one else knows about, you'd be way way way better off getting help now, then waiting for it to potentially get out of hand
- Finances
  - How we use money is a central part of the Christian life (Luke 3:7-14; Luke 16:1-12)
- Emotional struggles (anxiety, depression, bitterness, guilt)
  - If so little desire to fight your struggles that you're not willing to even talk to someone else about them, don't expect them to get better
- Obedience to God
  - If you are struggling with obedience in any area, you should have a mature Christian you talk to about it (Matthew 5:29-30; Galatians 6:1-2)
  - If you God is really top priority in your life, you should want to take any advantage you can get in your struggles against sin

You should have a main person you talk to about your entire life, but beyond that, you might want to add extra people who are specifically skilled in certain areas

### 3. Start to Have Accountability

- Pick how often you are going to meet with this person (I would recommend no less than once per month)
  - It's all about consistency. If you pick someone but then don't regularly meet with them, then you don't have accountability
- Make sure you are open with them and regularly talk about the key areas areas
  - If you pick someone, and regularly meet with them, but you're not open with them about important areas of your life, then you don't actually have accountability
- Ask the other person to hold you accountable in these areas
  - Asking helps you to expect that they will hold you accountable and prepares you to be open with them
  - Asking lets them know that they can ask you questions and tell you hard truths

### 4. Work Together with Your Accountability Person

- Listen to what they have to say, and work with them
  - Remember, you picked this person because they got to where you want to be (and they know how to get there)
- Work out your disagreements with them
  - Don't just get bitter and quit
  - They would rather you told them you disagree and talk about it, rather than you just keep it to yourself that you disagree and ignore what they have to say

### Effectively Holding Others Accountable:

- Make sure you cover the key areas:
  - Relationships
  - Devotional
  - Sexual purity
  - Finances
  - Emotional struggles
  - Obedience to God
- If they asked you to hold them accountable, then make sure you check up on them
  - You should also remind them that they asked you to hold them accountable and you should encourage them to be more open
- Realize that both people being intentional is the most effective way to have accountability
  - So be intentional, and encourage the other person to be intentional

### Conclusion

- Get Accountability
  - Pick a person
  - Know they key areas
  - Start meeting with them

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If you do not currently have someone you are accountable to, I would encourage you to look for a discipler or a pastor whom you can have accountability with them.

Accountability can help us grow more and it can help us grow quicker, and as Christians, we should want that.

If you already have accountability with a discipler or a pastor, then make the most of it. Be open and be intentional!