

Making Accountability Less Difficult

You could also think of this sermon as “Making Confrontation Less Difficult”

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

Accountability isn't easy because confrontation and correction aren't easy, but there are things we can do to make them less difficult. There are two reasons why accountability is particularly difficult for most people today. **1.** We have a rejection mindset **2.** We don't know how to deal with rebuke that's difficult to hear

What a Rejection Mindset Is:

Definition: A rejection mindset means you interpret the actions and attitudes of others through a lens that makes you likely to believe that others think more negatively of you than they actually do

Common Qualities of a Rejection Mindset:

- You assume others think negatively of you without having proof that they do
- You frequently are worried about what others think of you
- You feel like others tend to get quite upset with you even over small mistakes

How a Rejection Mindset is Harmful

- Having a rejection mindset can temp us to respond to correction or confrontation with accusation, anger, bitterness, and/or discouragement
- Having a rejection mindset temps us to be afraid of being open with people and to avoid the people who would give us a firmer rebuke
- Having a rejection mindset makes rebuke more painful to listen to, and it makes accountability more difficult

How to Overcome a Rejection Mindset

- **1. You have to learn to notice your biased thoughts**
 - Be on the lookout for:
 - Thinking that the person is really mad at you just because they rebuked you firmly
 - If a father sees his child about to run in front of a car, and he yells at the child to stop, does that mean that he is super mad at the kid?
 - Thinking that the other person doesn't care about you or doesn't like you just because they almost always correct you when they talk to you
 - Jesus frequently corrected His disciples whom He clearly cared about (Matthew 8:23-26; Luke 9:51-56; Matthew 16:21-23)
 - A person who cares about you would want to correct you if they thought you needed it, else they don't actually care about you.

- Be on the lookout for (continued):
 - Expecting the person to get really mad at you if you open up with them about areas you're not doing well in
 - Ask yourself, "does this person frequently respond to situations by getting really angry?"
 - If they don't, then don't have good reason to assume that they will respond that way to you
 - Thinking that if a person is mad at you, they don't care about you
 - Whether the other person is actually mad at you or not, you should not equate that with them not caring about you
 - Parents who love their kids still get mad at them
 - Spouses who love each other still get mad at each other
- **2. You have to fight against biased thoughts when you have them**
 - You should spend some time trying to come up with counter arguments to thoughts of rejection that you commonly struggle with
 - If you don't fight against them, you shouldn't expect the issue to get better
- **3. Consider talking it out with the person**
 - If you have an accountability person in your life, and you feel like they don't care about you or they dislike you or that they're always mad at you, etc. Then talk to them about it.
 - Tell them what is bothering you
 - If they really do care, they can affirm that to you, and you can help them realize that they might have to be clearer about communicating that they care
 - If they don't care about you like they should or if they are getting angrier than they should, then you can confront them about it and rebuke them.
 - Either way, talking to them is a good thing to do.

How to Deal with Rebuke when it's Difficult

- 1. Use Scripture to encourage yourself (Proverbs 12:1; Proverbs 15:32; Proverbs 13:18; Proverbs 15:31)
- 2. Determine to evaluate the rebuke without personal bias and to apply it if it's correct
- 3. If you have a disagreement with the other person, talk it out with them
- 4. If you get bitter towards them talk to them about it (Ephesians 4:26; Leviticus 19:17)
- 5. Have an attitude of grace and forgiveness (Ephesians 4:32; Colossians 3:12-13)
 - Sometimes others might not rebuke us with the right attitude or at the right time or in the right way, but we should still be gracious and forgiving

Conclusion

- Next time you get upset when someone corrects you, examine your thoughts to see if you're looking at it through a rejection mindset
- If you have an issue with your discipler, or pastor, or accountability person, talk it out with them
- Use these 5 points and make sure you are handling rebuke well. It will make it easier.