

Heartfriends Accountability

Accountability Issues / Questions:

- 1) Do you spend time alone with God regularly?
- 2) Are you spending time daily in prayer?
- 3) Are you praying regularly for your sisters in this group?
- 4) How are you demonstrating a servant's heart? In what ways do you struggle with servanthood?
- 5) Are you giving financially to the Lord's work?
- 6) Did you attend worship last week? As a pattern, do you forsake gathering for worship with other believers?
- 7) Are you giving your time to the Lord's work?
- 8) Are you treating friends, co-workers, and others as people loved dearly by God?
- 9) Are you demonstrating compassion to those in need?
- 10) Have you shared your faith with anyone recently? Feel called to share with someone specific?
- 11) Have you ever shared your faith with an unbeliever?
- 12) Do you feel you missed any opportunities to talk to people about the Lord?
- 13) In what ways are you a testimony to the greatness of Jesus Christ?
- 14) Has God told you to do something you are not doing?
- 15) Have you stepped out in faith recently?
- 16) Have you shrunk back in disbelief, doubt, or fear recently?
- 17) Are you exercising and taking care of your physical body?
- 18) Are you eating properly, monitoring your sweets, & drinking lots of water?
- 19) Are you faithful to get adequate sleep (7-9 hours)?
- 20) Have you taken a day of rest and restoration this week?
- 21) Have you succumbed to any bad habits or addictive behaviors?
- 22) Is there an idol in your heart driving the habit or behavior (from #21)?
- 23) Are the visible you and the real you consistent?
- 24) How is your speech?
- 25) Do you flatter others, exaggerate, tell half-truths, or lie to please or keep yourself in a favorable light with others?
- 26) Is your "yes" truly "yes" and your "no" truly "no"?
- 27) Which fruit of the Spirit have you had the hardest time living?
- 28) Do you tend to allow a person or circumstance to rob you of joy?
- 29) Have you used words in ways that hurt others, through gossip or face to face?
- 30) Have you forgiven those who hurt or disappointed you?
- 31) Are you harboring anger or resentment toward another person?
- 32) Do you ever secretly wish for someone's misfortune so that you are elevated?
- 33) Have you allowed jealousy or envy to enter your heart lately?
- 34) How do you feel about your personal financial dealings? Are you above reproach?
- 35) Is money ever a source of comfort or worry for you?
- 36) Are you on time for meetings and appointments?
- 37) Are you a good steward of your time or does your life lack margin?
- 38) Are you an encourager to your family? To others as God calls you?
- 39) Do you need to remove something from your procrastination list?
- 40) Did you do something this week that made you laugh?
- 41) Have you compromised your integrity in any way?
- 42) Have you exposed yourself to explicit materials that would not glorify God?
- 43) How pure is your thought life? Are you taking every thought captive to Christ?
- 44) Are you seeking to resolve conflicts with love, grace, & understanding?
- 45) Do you tend to be a peace-maker or a peace-keeper/faker/breaker?
- 46) Are you maintaining personal boundaries that nourish your priorities?
- 47) What has made it difficult to do your best in the different roles in your life?
- 48) Have you actively nourished your relationship with your husband this week?
- 49) Do you spend quality time with your family?
- 50) Is your home a pleasant, peaceful place?
- 51) Have you kept marriage and family in balance with your work, career, and other commitments?
- 52) Do you spend time cultivating friendships?
- 53) What three relationships have you nurtured the most in the past week? Do you want to nurture in the next?
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