

Accountability Questions

Questions to ask one another for honest, regular accountability

“Iron sharpens iron, and one man sharpens another.” — Proverbs 27:17

How to use this resource. Lasting change is not meant to happen alone. Regular, honest accountability with a trusted, same-gender partner is one of God’s ordinary means of grace for guarding the heart and sustaining victory (Ecc 4:9–12). Meet on a recurring basis — weekly is ideal. You need not ask every question each time; choose a category, or rotate through them. Three commitments make accountability work:

Honesty. Answer truthfully, even when it is costly.

Confidentiality. What is shared here stays here.

Grace and truth. Speak the truth in love, and receive it the same way (Eph 4:15).

A. Your Walk with God

1. How is your relationship with God right now?
2. Where do you find yourself resisting Him these days?
3. What are your greatest confusions about your relationship with God?

B. The Word & Prayer

4. What have you read in the Bible this past week?
5. What has God said to you in this reading?
6. What specific things are you praying for in regard to others?
7. What specific things are you praying for in regard to yourself?

C. Mind, Rest & Renewal

8. What have you read in the secular press this week?
9. What general reading are you doing?
10. What have you done to play, rest, or simply enjoy life?
11. Are you sleeping well?

D. Relationships

12. How are you doing with your spouse? Your kids?
13. If I were to ask your spouse about your state of mind, spirit, and energy level, what would the response be?
14. Are there any unresolved conflicts in your circle of relationships right now?
15. When was the last time you spent time with a good friend of your own gender?
16. What kind of time have you spent with anyone who is a non-Christian this past month?

E. Purity & Temptation

17. What habits intimidate you?
18. What is the state of your sexual perspective? Tempted? Dealing with fantasies? Entertainment?
19. Is there a recent direct challenge in the area of sexual temptation or pornography?

F. Stewardship & Responsibilities

20. What specific tasks facing you right now do you consider incomplete?
21. Where are you financially right now? (Under control? Under anxiety? In debt?)

G. Spiritual Warfare

22. Are you sensing any spiritual attacks from the enemy right now?
23. If Satan were to try to invalidate you as a person or as a servant of the Lord, how might he do it?

H. Heart, Hopes & Honesty

24. What challenges do you think you will face in the coming week? The coming month?
25. What would you say are your fears at this present time?
26. What three things are you most thankful for?
27. Do you like yourself at this point in your pilgrimage?

And the question that holds all the others together — ask it last, every time:

28. Are you lying about any of these things?

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