

## Accountability Questions for Women

**Two Questions: (if you want to keep it simple, these two could be repeated every meeting)**

- With what sin are you struggling?
- What are you doing to mortify that sin? (“Be killing sin or it will be killing you.” John Owen)

**Spiritual Disciplines: (actions of Bible intake, prayer, worship and fellowship, evangelism, serving, stewardship, fasting, silence and solitude, journaling & learning)**

- Which spiritual disciplines are you cultivating?
- Which spiritual disciplines are you neglecting?

**Or, more specifically:**

- Have you been faithfully reading the Bible? What has the Lord shown you in your reading?
- Are you currently memorizing/meditating on specific Scripture? If so, what passage?
- Have you spent time in prayer? How can I pray alongside you?
- Are you faithfully and joyfully attending corporate worship and your small group?
- Have you shared your faith with someone recently?
- How are you serving others—individuals, your church and your community?
- How have you given of your time and money to the Lord this week?
- Have you spent any time fasting, journaling, or in solitude?
- Are you reading through a Bible study, devotional or Christian book? If so, what has been especially impactful?

**Family/Marriage/Home:**

- Have you prayed with/for your spouse this week?
- Have you prayed with/for your children this week?
- How have you influenced your marriage and family recently, both positively and negatively? What could you do to improve?
- How can you demonstrate love to your husband/children in a practical way?
- Has your home been a burden, idol, or blessing lately? Is there a related sin to confess?
- Have you recently used your home to display the gospel and show hospitality?

### **Thoughts and Actions:**

- What is weighing on your mind? What are you worried or anxious about?
- Who or what are you thinking about too much?
- Are you surrendering your desires to the Lord, or are you trying to take control?
- Can you recall a moment when you acted impulsively/foolishly?
- Have you seen any movies/shows, read any books, or listened to music that you would be embarrassed to admit?
- What act of kindness are you neglecting to make?
- Is there an area of temptation, overindulgence, escape, or addiction of which you need to confess and repent (i.e. alcohol, social media, food, lust)?
- Do you need to reconcile with someone? Are you harboring bitterness or unforgiveness?
- Have you engaged in gossip or slander (gave a misleading, false or harmful report, spoke thoughtlessly)?
- Who are you investing in? Who is investing in you?
- Is there anything else I should ask you? Have you answered truthfully?

*\*\*Holding each other accountable is a great way to do deliberate spiritual good to each other. This list of questions is to aid our pursuit of mutual accountability. This list is not exhaustive, but will hopefully be a tool that you can tailor for your own use. Also, please don't try to answer all these questions in one meeting; pick a few to repeat or work through a few at a time.*

### **Additional Resources:**

<https://www.reviveourhearts.com/media/uploads/pdf/articles/personalvitalityplan.pdf>

<https://www.reviveourhearts.com/articles/100-questions-fuel-mentoring-relationships/>

<https://www.thegospelcoalition.org/article/4-ways-to-make-disciples/>

<https://www.thegospelcoalition.org/article/dear-older-women/>

<https://www.desiringgod.org/interviews/what-are-spiritual-disciplines>

<https://www.desiringgod.org/articles/why-accountability-matters>

<https://www.christianitytoday.com/edstetzer/2008/may/accountability-questions.html>

<http://storage.cloversites.com/crosshaven/documents/xray.pdf>

**Recommended Books:**

*Adorned: Living Out the Beauty of the Gospel Together* by Nancy DeMoss Wolgemuth

*Spiritual Disciplines for the Christian Life* by Donald Whitney

*Women of the Word: How to Study the Bible with Both Our Hearts and Our Minds* by Jen Wilkin

*Respectable Sins* by Jerry Bridges

*Prayer: Experiencing Awe and Intimacy with God* by Timothy Keller

*Instruments in the Redeemer's Hands: People in Need of Change Helping People in Need of Change* by Paul David Tripp

*Life Together: The Classic Exploration of Christian Community* by Dietrich Bonhoeffer

*Discipling: How to Help Others Follow Jesus* by Mark Dever