



Imago Dei CHURCH

GOSPEL | COMMUNITY | MISSION

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 & fellowship, evangelism, serving, stewardship, fasting, silence & 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 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?

***This list is not exhaustive, but will hopefully be a tool which you can tailor for your own use. Also, please don't try to answer all these questions in one meeting; pick some 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:

- *Growing Together: Taking Mentoring Beyond Small Talk and Prayer Requests* by Melissa Kruger
- *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* 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