

Boundaries & Accountability

"And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another...." Hebrews 10:25

FOR COUPLES

	When We're Together	When We're Apart/Alone
"I Commit to..."	Physical: Spiritual: Emotional:	Physical: Spiritual: Emotional:
I commit to NOT..."	Physical: Spiritual: Emotional:	Physical: Spiritual: Emotional:

Potential Areas of Accountability

*"Therefore confess your sins to each other and pray for each other so that you may be healed."
(James 5:16)*

- Prayer life, Bible reading and worship time
- Recovery group meetings
- Moral purity
- Integrity issues
- Time spent with others
- Time spent with your partner (alone & in group settings)
- Laziness
- Work issues/balance
- Recreational Activities
- Thought life
- Addictions or addictive activities
- Use of Media/Internet
- Finances
- Harboring anger or resentment
- Exercise and dieting
- Other: _____

Frequency you would like to have your accountability partner to "check in" is: _____

Best time for a "check in" is: _____ (Or random)

Possible Questions to Ask (Adapted from <http://menofintegrity.org/articles/accountabilityquestions.html>)

- Have you spent time with God on a regular basis this week? Were you satisfied with the time?
- Did you worship in church this week?
- Did you accomplish your spiritual goals this week?
- Was the "visible you" and the "real you" consistent?

- Have you committed any sexual sin? Has your thought life been pure?
- Did you put yourself in an awkward situation with a woman/man?
- Have you compromised your integrity in any way?
- Did you control your tongue?
- How have you been tempted this week? How did you respond?
- Did any one sin plague your walk with God this week?

- Have you shared your faith this week? How?
- Are you giving to the Lord's work financially?
- How have you demonstrated a servant's heart?
- What did you do this week to enhance your relationship with your spouse and/or child(ren)?
- What was your biggest disappointment? How did you decide to handle it?
- What was your biggest joy? Did you thank God?

- What do you see as your number one need for next week?