

## Accountability – Lesson

**Lesson summary:** Holding myself accountable to others is a tool to protect me from failure and help me grow.

How many have seen the nature videos that have an animal separated from its herd and attacked by predators?

The devil often uses isolation to cause us to despair and then destroy us.

One of the tools the Bible speaks about that can help protect us from failure is to develop a special relationship with a person or a small group where we can open up, confess sins, set goals, and share temptations we have faced. It is a common unwritten rule in churches that good Christians never struggle, so people pretend like everything is great. This is unbiblical (James 5:16) and an attempt by the devil to isolate us to keep us weak.

### **JAMES 5:16 (NIV)**

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.

- Confessing sins and temptations helps you bring them out into the open to examine them in the light of others. Exposing things takes the power out of them.
- Praying for each other makes a difference.
- The goal is not to condemn or turn on the butt-kicking machine like we often do, but to **evaluate experiences**. Evaluating what we did wrong and what we could have done helps us to respond better next time.

### **1 CORINTHIANS 10:13 (NIV)**

**No temptation has seized you except what is common to man.** And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.

Accountability is not just for “weak people,” it’s important for everyone.

Recognize we all fall in different areas at times in our lives, and we all need each other.

### **PROVERBS 28:13 (NIV)**

He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy.

We are as sick as the secrets we keep. For accountability to be successful you have to be committed to it 100%. The minute you choose to keep secrets from the group, accountability starts to lose effectiveness. Accountability is not something someone else can do for you. You have to want to be held accountable with the temptations that have caused you trouble.

**What are some areas of temptation that have caused you trouble in the past you considered too embarrassing or personal to share?**

**Are you willing to share them with someone now?**

Accountability is not a one-time act. It is a new life habit.

**Are you willing to include accountability as an ongoing part of your lifestyle?**