

Accountability – Daily Exercises

12

Thoughts and questions for reflection, writing, and prayer to enhance personal growth.

Day 1

Have you had experiences that felt like the devil was trying to destroy you? Did you feel isolated at that time? Can you look back now and see how he tried to isolate you?

Write out a description of the crisis that brought you to Teen Challenge.

Day 2

What are some areas you know you need to, or want to, grow in...

Spiritually:

Emotionally:

Relationally:

In areas of self-discipline:

What are some areas you want to be held accountable in?

✓ *devotions*

✓ *prayer*

✓ *clean time*

✓ *allowing things that can lure you into sin in your life.*

Make a decision on how much time you will spend in prayer and how much time you will spend reading and studying the Bible.

Day 3

Memorize

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.

Day 4

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.

This verse promises healing through accountability.

Many of us have hurts from the past in our lives that drove us to addiction.

What do you want to be completely healed from?

What are some reasons that you haven't shared sins and instead covered them up?

Day 5

Create a list of 4-8 accountability questions you want someone to ask you.

Find someone you are willing to hold yourself accountable to and ask if you can get with them weekly to do this.