



Dr. Dave's Original Accountability Questions

Instructions: Congratulations for being brave enough to tackle these questions with your spiritual accountability partner (SAP). Work through the list with your SAP over the course of 4-6 months of weekly meetings. Each of you randomly chooses 1 or 2 questions to discuss until the complete spectrum of personal and spiritual issues is covered. Put a check beside the questions as you discuss them so that you address them all before you go through the list a subsequent time. The questions are in random order and some are repeated to be addressed more than once in the question cycle. God bless you as you take the initiative to keep growing in the most significant areas of your life!

1. Share any unresolved personal issues between you and a family member. What could you do to deal with these?
2. Have you been able to make and keep good friends over the years? Share the kind of friend you are. What have you learned about yourself?
3. Have you made any significant changes in your life in the past year? Describe them and why?
4. What have you learned from your Bible reading in the past week? What do you feel God is speaking to you about from His Word?
5. How are you serving God and others in your life? What more could you be doing to be having a greater influence for God?
6. Where are you wasting time? Look closely at your schedule and evaluate your use of life's greatest commodity.
7. Name and describe a friend or chum that you were close to in pre-junior high, junior high, high school or college. Discuss one of those friendships.
8. In what area of your life do you need encouragement this week?
9. How would your kids know that you love them? What could you do with each one to confirm again the place they have in your heart?
10. Share something you are struggling with that you need to discuss and get a better perspective on.

11. When is the last time you shared your faith? Who was it to? How did it go? Are you happy with the extent of your sharing about the God difference?
12. When was the last time you encouraged each member of your immediate family? What could you do now to build up each of them?
13. What are you praying about these days? Share your 3 main concerns that you are trusting God for.
14. What excites you about your life today? What is making you anticipate the day?
15. If there were one thing in your life you could change, what would it be? Share why.
16. What are you reading these days? What videos are you watching? What movies are you seeing? What sites are you viewing? Are these wise choices?
17. Are you dating your wife? When was the last time you were out together and alone for 2-3 hours? Do you feel good about this level of connection?
18. Do you have any unresolved sin in your life? If you were to face your issues honestly today, what would be some things you'd like to pray through to honor the Lord and get freedom?
19. What kinds of personality traits have you picked up from your family of origin that are now or likely will become a problem to you in the future? What can you do about it?
20. Are there people in your life that are having a negative influence on you? Be honest. Name them. Discuss what you need to do to change things.
21. How would you describe your church attendance -- regular or sporadic? Are you happy with your level of commitment and example to your kids?
22. How are you handling your money? Are you dealing with debts well? Are you over-spending? Where do you need to be held accountable?
23. How is it going between you and your parents? What could you do to improve things between you?
24. Are you able to find time and place for solitude? Why is it hard? Describe the last time you spent 2 or more hours alone?

25. Who are some people in your life that you would like to see become Christians? Name three and begin praying weekly for them asking God to show you what steps you should take in the process.
26. What are you doing that is fun in your life? What is keeping you active and entertained?
27. Have you viewed anything pornographic (on your computer, on your phone or on TV) since this question was last asked of you?
28. What are you doing to face the pressures and discouragements in your life? How do you handle them?
29. What are you doing to stay healthy? Are you happy with your level of fitness and if not, what are you going to do about it?
30. Are you a fun person to live with? Are you a pain in the butt? What would your family say? What changes do you need to make?
31. How are you working out your finances? Share your financial game plan regarding savings, budgeting, planning for the future, tithing and more.
32. Are you satisfied with your job? What are a few frustrations that could be prayed about? What are some things that you could do to see things improve? What do you need to be thankful for?
33. If there were one thing you could do in life and you knew you would be successful, what would it be? What dreams need to move into reality and what ones need to fade?
34. Which 3 people have impacted your life the most? Who are they and how have they been influential to you?
35. Who are your close friends right now? What do they bring to your life and you to theirs? How can you be a better friend?
36. Are you spending time video gaming, watching TV, surfing online or Facebooking? How much is too much? Discuss your rationale for how you use your discretionary hours.
37. What concerns have you attended to or issues have you overcome in the past year?

38. What is your current music? What CDs are in your car or what music have you downloaded? Is it having a neutral, good or bad influence on you?
39. Is there anything in your life or the past that if it became public would ruin your integrity or the reputation of God and family? What is in the closet that needs to be dealt with?
40. Is there any unconfessed sin in your life that you are unwilling to deal with? Let God search your heart and seek Him for freedom.
41. Have you been with a woman anywhere in the past 6 months that might be seen as compromising? Discuss anything borderline. What do you need to do to address this to fully honor God?
42. What kind of relationship do you have with your children? Describe where you are at in your connection with each kid.
43. Have any of your financial dealings lacked integrity? Have you been shady or harsh in your business? Are you ethically above board? Share openly.
44. Have you had any answers to prayer recently? Share the last few you have received.
45. Have you exposed yourself to any sexual explicit material? Share when and what it was and how you plan to prevent it from happening again in the future?
46. What commitments to people have you made and not kept? Is your word good or are your words cheap? Discuss your level of reliability. Who do you need to apologize to? What do you need to follow through on still?
47. Have you spent adequate time in Bible study and prayer? Is it sufficient to allow you to keep growing in your walk with the Lord?
48. Do you find yourself scoping women? Are you flirting? What do you need to do to "treat younger women with absolute purity"?
49. Have you given priority time to your family? Are they in your schedule? Are they just getting your leftover time? What needs to change?
50. What is God calling you to do? Where have you been avoiding His prompting? Share what you feel is God's plan for your life in the next year? What changes does He want you to make?

51. Discuss your level of giving and tithing. Are you at peace with God on your level of generosity to Him? Where is a current need you could meet? Ask God about it.
52. When is the last time you affirmed your parents? What could you do now to show some gratitude for the role they have played in your life?
53. Are there things that you aren't telling me? Are you keeping secrets that are dishonoring to God? Have you lied or misrepresented the truth to me on any of the questions we have been working through?
54. Where are you serving in the church? Where do you plan to get involved?
55. Have you dealt with integrity in all your work and business dealings? What are people likely saying about how you treat them? What needs to change?
56. Have you harbored a spirit of unforgiveness or continue to bear a grudge against anyone? Identify any resentment toward others and decide what God wants you to do to address it.
57. Discuss your sex life. Are you content or frustrated? Why do you think this is so? What do you need to talk through with your wife?
58. Have you faithfully met your financial commitments in life and business? Are there people that you owe money to that you need to take care of?
59. Have you been consistent in a daily prayer time over the last few months? How do you feel about your prayer life? What needs to change?
60. Have you invested time and energy into your family in the last few months in recreation, conversation and spiritual instruction? Are you leading the family by example and love?
61. What needs in your wife's life aren't you meeting? What could you do to be more attentive to her relational and emotional desires?
62. Have you been to a place (bar, club or entertainment) that is contrary to what you believe? Discuss your rationale and how you should handle that in the future.
63. Do you have any one-time close friends that you now are distant from? What happened? Why can't you see eye-to-eye with them now?
64. How much do you live to impress people? How much are you governed by what others think or say? Where do you draw the line before God about how much you should worry about other's opinions about you?

65. Who do you envy and why? When does this become a matter of sin in your life? What do you need to do to quit comparing and grow more content?
66. Have your conversations, opinions, jokes or expressions been consistent with a sound commitment to Christ-likeness? Where and when do your words get careless or questionable?
67. As you seek for opportunities and as the Lord provides them, have you readily shared words of testimony or words of spiritual encouragement to those in your network?
68. Is your wife happy? Are you a good husband? Ask God to show you what you need to be doing to grow into the man He wants you to be with your spouse.
69. How are you doing as a Dad? What are your kids not getting enough of from you? Ask God to show you what you need to do to have a greater influence as a father.
70. Who have you prayed with? How often do you stop to pray with someone during the typical week? What does God want from you in this regard?
71. What could you be handling better in your life? In all the issues that come up and the ongoing tensions that often exist, what could you be doing better to deal with these pressures in a God-honoring way?

Note: These questions are basically my original list of accountability questions (only slightly updated) that my accountability partner and I worked through regularly for over 6 years. We eventually grew beyond the need to use these questions as we have learned the value of just being fully honest. We voluntarily deal with the real issues in our lives and take initiative to freely open up about our stuff. I recommend you use the list for 5 years before you decide to go without them.