

# REAL MEN – REAL WOMEN

## Accountability Sessions – Guidelines

1. Try to meet once a week.
2. Keep the meeting to one hour.
3. Invite the Holy Spirit to be with you as you talk. Be sensitive to his presence. Allow him to reveal and to heal.
4. Pray for and expect miracles and supernatural signs and wonders in all things. Be ready to go and pray for a stranger nearby if the Holy Spirit leads you.
5. Use the expanded questions the first several sessions then switch to the wallet card.
6. There is no need to expound on your answers if you don't want to. A simple 'yes' or 'no' is fine.
7. There is no need to give advice. If you do, keep it to a minimum. Allow the Holy Spirit to be the counselor.
8. Tell stories of the great things God has done. (This attracts the Holy Spirit and angels!)
9. Agree on a passage of scripture or a book to read before the next meeting. If one of the partners doesn't finish, both partners have the joy of reading the passage again.
10. Memorize scripture together. Keep it simple.
11. Everything that is discussed must remain absolutely confidential unless clearly stated otherwise.
12. Invite other men to meet with you. Always carry an extra set of questions in you wallet to give away.
13. Sowing and growing. Some you will be sowing into. Some will be sowing into you as you grow.
14. Encourage delegation and growth. Say goodbye.

## Key Verses

- “But when the Holy Spirit **controls** our lives, he will produce this kind of **fruit** in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and **crucified** them there. If we are living now by the Holy Spirit, let us **follow** the Holy Spirit's leading in every part of our lives.” Galatians 5:22-25
- “**Confess** your sins to each other and pray for each other so that you may be **healed**.” James 5:16
- “Don't copy the **behavior** and **customs** of this world, but let God transform you into a new person by changing the way you think. Then you will know what God wants you to do, and you will know how good and pleasing and perfect his will really is.” Romans 12:2

## Accountability Questions – Expanded

1. Is your **relationship** with God a living, growing love relationship filled with hunger, wonder, commitment, and obedience?
  - a. “You must love the Lord you God with all your heart, all your soul, and all your mind.” Matt. 23:37
  - b. Relationship NOT religion!
  - c. Intimacy.
2. Have you demonstrated **love** to other people as you demonstrate love to yourself?
  - a. “**Love** your neighbor as yourself.” Matt. 23:39
  - b. Time? Attention? Affection? Prayer? Finance?
3. Are people seeing, hearing, and encountering Jesus through you as you live your daily life **empowered** by His Holy Spirit? Is your faith growing?
  - a. “Go and announce to them that the **Kingdom** of Heaven is near. **Heal** the sick, raise the dead, cure those with leprosy, and cast out demons. **Give** as freely as you have received!” Matt. 10:7-8.
  - b. “God anointed Jesus of Nazareth with the Holy Spirit and with power. Then Jesus went around doing good and healing all who were oppressed by the Devil, for God was with him.” Acts 10:38
  - c. “I remind you to fan into flames the spiritual gift God gave you when I laid my hands on you. For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.” 1 Tim 1:6-7

- d. Have you prayed for a miracle this week? Have you reached out to co-workers or strangers?
4. Are you making **disciples** and teaching them to obey Jesus?
  - a. "I have been given complete authority in heaven and on earth. Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age." Matt. 28:18-20
5. Have you been honoring, understanding, generous, kind, patient, humble in your important relationships this week? Have your **words** been kind and full of grace, rather than seasoned with gossip, obscene language, nagging, complaining, or criticism?
6. Have you shown **integrity** with your **finances**?
  - a. Tithe as a minimum.
  - b. Show generosity.
  - c. Pay bills on time.
  - d. Be in debt to no one. Live within your means.
7. Are you allowing the Holy Spirit to **transform** you and enable you to grow beyond your bad habits and/or **addictive** behaviors? Have you given in to any of these this week?
  - a. "An evil man is held captive by his own sins; they are ropes that catch and hold him. He will die for lack of self-control; he will be lost because of his incredible folly." Proverbs 5:22-23
  - b. "You say, 'I am allowed to do anything,'—but not everything is good for you. And even though 'I am allowed to do anything,' I must not become a slave to anything." 1 Cor. 6:12
  - c. Are you keeping sexually **pure** physically and mentally by not feeding on impure conversations and humour, reading materials, TV programs, videos or movies, internet images?
    - i. "Anyone who even looks at a woman with lust in his eye has already committed adultery with her in his heart." Matt. 5:29
    - ii. "But now you must be holy in everything you do, just as God – who chose you to be his children – is holy." 1 Peter 1:15
    - iii. "Fix your thoughts on what is true and honorable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise." Phil. 4:8
8. Are you holding any bitterness or **unforgiveness** in your heart? Have you remained **angry** toward another?
  - a. "If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your father will not forgive you sins." Matt. 6:14-15
  - b. "Don't sin by letting anger gain control over you." Don't let the sun go down while you are still angry, for anger gives a mighty foothold to the Devil." Eph 4:26-27
  - c. "If you are standing before the altar in the Temple, offering a sacrifice to God, and you suddenly remember that someone has something against you, leave your sacrifice there beside the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God." Matt. 5:23-24
  - d. "Be quick to listen, slow to speak, and slow to get angry. You anger can never make things right in God's sight." James 1:19-20
9. Have you committed your time each day to the Lord, allowing his agenda to become yours?
  - a. "**Rejoice** always. **Pray** without ceasing. In everything give **thanks**, for this is the **will** of God in Christ Jesus for you." 1 Thessalonians 5:16-18
10. Have you managed your time wisely giving proper balance to God, Spouse, Children, Church, Work, and Self?
11. Have you taken care of your body through proper diet, exercise, sleep?
12. Your personal accountability question?
13. Did you complete the reading? What was the most significant word you've received from God this week? What will you do about it?
14. Have you been completely honest?
  - a. "Put away all falsehood and 'tell your neighbor the truth' because we belong to each other." Eph. 4:25

## Recommended scriptures for memorization

1. 2 Corinthians 5:17
2. Luke 7:25-27
3. Matthew 28:18-20
4. Matthew 10:7-8
5. John 10:10
6. Galatians 5:22
7. 1 Corinthians

## Wallet Cards

Cut out the following cards, fold, and put in your wallet.

<p><b>Accountability Sessions – Wallet Card</b></p> <ol style="list-style-type: none"><li>1. <b>Relationship</b> with God: Loving, living, growing, intimate? Hunger, wonder, commitment, obedience?</li><li>2. “<b>Love</b> your neighbor as yourself.” Demonstrated? Time, attention, affection, prayer, finance?</li><li>3. Others encountering Jesus’ <b>power</b> through you? Faith growing?</li><li>4. Making <b>disciples</b>? Teaching?</li><li>5. Honouring, understanding, generous, kind, patient, humble? <b>Kind words</b>? Grace? Gossip, obscene language, nagging, complaining, criticism?</li><li>6. <b>Integrity</b> with <b>finances</b>?</li><li>7. Transformed <b>addictions</b> and habits? <b>Sexually pure</b>?</li><li>8. Bitterness, <b>unforgiveness</b>, anger?</li><li>9. Committed time each day? His agenda?</li><li>10. Time management? God, church, spouse, children, work, self?</li><li>11. Diet, exercise, sleep?</li><li>12. Your personal accountability question?</li><li>13. Complete the reading? What was the most significant word you’ve received from God this week? What will you do about it?</li><li>14. Complete honesty?</li></ol>	<p><b>Accountability Sessions – Wallet Card</b></p> <ol style="list-style-type: none"><li>1. <b>Relationship</b> with God: Loving, living, growing, intimate? Hunger, wonder, commitment, obedience?</li><li>2. “<b>Love</b> your neighbor as yourself.” Demonstrated? Time, attention, affection, prayer, finance?</li><li>3. Others encountering Jesus’ <b>power</b> through you? Faith growing?</li><li>4. Making <b>disciples</b>? Teaching?</li><li>5. Honouring, understanding, generous, kind, patient, humble? <b>Kind words</b>? Grace? Gossip, obscene language, nagging, complaining, criticism?</li><li>6. <b>Integrity</b> with <b>finances</b>?</li><li>7. Transformed <b>addictions</b> and habits? <b>Sexually pure</b>?</li><li>8. Bitterness, <b>unforgiveness</b>, anger?</li><li>9. Committed time each day? His agenda?</li><li>10. Time management? God, church, spouse, children, work, self?</li><li>11. Diet, exercise, sleep?</li><li>12. Your personal accountability question?</li><li>13. Complete the reading? What was the most significant word you’ve received from God this week? What will you do about it?</li><li>14. Complete honesty</li></ol>
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