

Personal Accountability Form

[NAME]

[DATE]

1. How was your consistency in personal devotions? What are you doing?
2. Did you memorize Scripture?.
3. Did you study the Bible?
4. How was your prayer life? (1-10)
5. Did you regularly attend church? .
6. What significant things happened in your fellowship with other believers?
7. Is there joy and harmony in your marriage? Rate it on a scale of 1-10 and comment.
8. Are you involved in any inappropriate relationships with another man/woman whether in person, on line, by telephone or otherwise?
9. Have you viewed any sexually explicit, pornographic or other inappropriate material? Have you seen anything indirectly?
10. How would you access the type of television programming and other media you have been viewing?
11. Have you been involved in any other sexually or morally impure activity?
12. Have you entertained sexual thoughts
13. Have you abused any substances, medications, alcohol?
14. Have you been depressed or struggled with anxiety?
15. Have you been struggling with other emotional issues such as anger, frustration, rage, cursing, bitterness, etc?
16. Assess your eating and exercise and sleep:
17. Have you fulfilled your obligations to your employer?
18. How have you been using your time with the technology? Have you

abandoned conversation?

19. Are there any frustrations, feelings, or secrets you need to share with your wife that you haven't?

20. Are there things you have been or are dishonest about through technicality of words?

21. Have you honored the Sabbath?

22. Is there any thing that you would like us to pray with you or hold you accountable for or rejoice over (significant stresses, temptations, or joys)?

23. Have you lied on any of these questions?