

# Accountability Partner with free!ndeed

*An accountability partner is a person of the same gender whom you trust and who is willing to guide, encourage and support you through a season of your life and someone whom you have entrusted with the right to speak into your life.*

The thought of talking openly with others about one's weaknesses is extremely daunting for many. It takes courage to admit to one's own mistakes and then even to tell others about them. But those who dare to take this step and are willing to be accountable show strength and a sense of responsibility, and they will feel a massive difference in their battlefield. With an accountability partner, you break the lone wolf mentality which is a great hindrance in the struggle for purity.

The following criteria should be met by your accountability partner:

## 1. Active Faith Live:

Your accountability partner should be a firm believer in Jesus, have an active prayer life, and clearly state that the use of pornography is a sin. You will realize the value of your partner's regular prayer because it makes a difference.

## 2. Experience:

It is most helpful if your partner has overcome sin in the sexual area himself/herself and has been living in freedom from it for a long time or is at least as determined as you are. This will make it easier for him/her to understand your situation, but also to keep an eye out for possible pitfalls or personal weaknesses.

## 3. Regularity:

In the struggle for sexual purity, regularity is extremely significant. Knowing that you will have to report victories, defeats, and struggles at a recurring time helps keep you honest and consistent with yourself. Ideally, the course participant will take the more proactive role and will check in at the very moment of temptation.

## 4. Discretion:

It is important that you commit to being 100% honest in your accountability relationship. If you have relapsed, it is up to you to contact your accountability partner and tell them about it. Your honesty is based on the assurance that what is said will remain exclusively between the two of you. Ensure this discretion to one another.

## 5. Communication with love:

Clear but loving communication is essential in an accountability relationship. Nothing should be glossed over, but the truth must come to light, even if it often hurts! The accountability partner should be direct, if necessary, prompt and rebuke - but always done in love. After the act of repentance, it is good to audibly speak over the course participant that they have been forgiven by God's love.

Periodically, reflect with your accountability partner on how well and effectively your collaboration is currently going. If necessary, make adjustments. Your freedom path is not static, so your relationship must be dynamic! In some circumstances, a time limit (online course period) may be appropriate for the accountability relationship. However, it is possible that this relationship continues beyond the agreed time frame.

### Our advice:

*We recommend you NOT to choose your spouse/partner as an accountability partner, but a person from the outside. A man should always choose a male accountability partner and a woman should always choose a female one. Your spouse/partner is directly affected by your addiction and therefore needs special protection. Good friends, elders, mentors and those who have experienced freedom around purity themselves are best suited for this.*

### Overview:



~ 1-2 hrs. / week



Register at free-  
indeed.com as AP for  
our online courses



Regular prayer for the  
course participant



Regular check in from  
the course participant  
(agree on fix times)



Practice a culture of  
encouragement

### Reasons for Disqualification:

1. not enough capacity
2. half-hearted attitude
3. lack of displaying love
4. demeaning attitude
5. fear of confrontation

