



## Framework for Accountability

The decision not to walk alone through the online course really makes the difference on your path to freedom and thus also breaks the lone wolf mentality. The Bible says:

*“Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.”*  
Ecclesiastes 4:12

Here is a small example of what an accountability relationship can look like:

We recommend scheduling a regular meeting, phone call, Zoom Call...etc. once a week at the beginning of the accompaniment. It makes sense to have this meeting after each completed chapter, where the accountability PDF is generated. The duration of the meeting (accountability) should be mutually agreed upon beforehand. The duration of the meeting can be from 15 minutes up to 90 minutes, depending on how deep you dive into the chapter. Furthermore, it is possible to be there for each other in short prayers. Just look together at how you can be a help to one another in certain difficult situations, perhaps with short reminders or Bible passages via text message. The important thing here is to be mindful of your individual time availability. Make adjustments to your interaction if necessary.

We want to emphasize that this dialogue should not become a regular "confession talk", but that the course participant takes responsibility and has an active role. The idea is not to bring failures to light on a regular basis, at the request of the accountability partner, but rather to take active steps and seek conversation at the moment of temptation. In addition, the accountability partner is also there to tell him/her about your victories. Share how your ability to make good decisions and prevail is growing and you are maturing in it.

This can either be a short-term (for the period of the online course) or long-term (beyond the course length) accountability relationship based on your current capacity. Ideally, this accountability relationship continues and can then be changed to a biweekly or monthly meeting, telephone call, etc., depending on the course participant's possibility and degree of freedom. And the time commitment becomes appropriately reduced.

Each accountability relationship is individual. In such partnership there are some individual factors to consider that it makes no sense to make all accountability relationships the same. That is why the above suggestion is only an example. It is best to sit together and be honest with one another. Share your ideas and desires, and in this way create your own way. Pray for your accountability time so that you will be guided by the Holy Spirit.

We pray for God's guidance, many breakthroughs, and many victories!

Your free!indeed Team