

# ***The Weekly One-Hour Accountability Check-Up***

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## **QUESTIONS TO START**

How has God blessed you this week? What went right?

What problem consumed your thoughts this week? What went wrong?

## **SPIRITUAL LIFE**

- **God's Word:** Have you read it consistently? (How many days? How long? Why not? Will you next week?) What has God been teaching you?
- **Prayer:** Describe your prayers for yourself, others, praise, worship, confession, gratitude. How is your relationship with Christ evolving?
- **Temptation:** How were you tempted this week? How did you respond?
- **Confession:** Do you have any unconfessed sin in your life?
- **Church:** Did you worship in church this week? Was your faith in Jesus strengthened? Was He honored?
- **Witness:** Have you shared your faith? In what ways? How can you improve?

## **HOME LIFE**

- **Wife:** How is it going with your wife? (time, meaningful conversation, attitudes, intimacy, disappointments, irritations, her relationship with Christ)
- **Children:** How are your children? (giving encouragement, quantity and quality time, values, education, spiritual welfare)
- **Finances:** How are your finances doing? (debt, sharing, saving, spending, stewardship)
- **Time:** How have you invested your time around the house?

## **WORK LIFE**

- **Job:** How are things going? (career progress, relationships, temptations, stress, problems, working too much?)

## **CRITICAL CONCERNS**

- **God's Will:** Do you feel you are in the center of God's will & sense His peace?
- **Thought Life:** What are you wrestling with in secret?
- **Service:** What have you done for someone else this week which can't be repaid? (the poor, encouragement, mercy, service to others)
- **Priorities:** Are your priorities in the right order?
- **Integrity:** Is your moral and ethical behavior as it should be?
- **High Risk:** How are you doing in your personal high-risk area?
- **Transparency:** Is the "visible" you and the "real" you consistent in our relationship? (if not, in what ways?)

## **PRAYER**

- Close with ten to fifteen minutes of prayer. Focus on concerns of the week.