

Identity, Goals, Accountability Questions:

Weekly Report from Vince Miller's Defeating Repetitive Sin Study

Rate yourself 1-10 on these statements (10 is good):

Personal

1. My devotional time was consistent and satisfying this week.
2. My study of God's Word was engaging this week.
3. My corporate worship was pleasing to God and restoring to me this week.

Physical

1. I am exercising regularly and eating healthy.
2. I am guarding my thoughts and building emotional health.

Family

1. My spouse would say I am consistently growing in honor and love for her/him.
2. My children would say I am training them in the discipline and instruction of the Lord.

Others

1. I am using my spiritual gifts to build the Kingdom and draw others to Christ.
2. I am consistently using my gifts at church, home and workplace.

Yes/No Questions:

1. Have you been with a man or woman in a way that could be viewed as inappropriate or compromising?
2. Have you failed in financial integrity in any way?
3. Have you viewed, read, or listened to any sexually explicit material?

Questions on [these cards](#) from [Church Multiplication Associates](#). The ten questions are as follows:

1. Have you been a testimony this week to the greatness of Jesus Christ with both your words and actions?
2. Have you been exposed to sexually alluring material or allowed your mind to entertain inappropriate thoughts about someone who is not your spouse this week?
3. Have you lacked any integrity in your financial dealings this week, or coveted something that does not belong to you?
4. Have you been honoring, understanding and generous in your important relationships this past week?
5. Have you damaged another person by your words, either behind their back or face-to-face?
6. Have you given in to an addictive behavior this week? Explain.
7. Have you continued to remain angry toward another?
8. Have you secretly wished for another's misfortune so that you might excel?
9. Did you finish your reading this week and hear from the Lord? What are you going to do about it?
10. Have you been completely honest with me?

Neil Cole:

1. What is the condition of your soul?
2. What sin do you need to confess?
3. What have you held back from God that you need to surrender?
4. Is there anything that has dampened your zeal for Christ?
5. Who have you talked with about Christ this week?

Chuck Swindoll's Pastoral Accountability Questions:

In his book, *The Body*, Chuck Colson lists the questions used by Chuck Swindoll.

1. Have you been with a woman anywhere this past week that might be seen as compromising?
2. Have any of your financial dealings lacked integrity?
3. Have you exposed yourself to any sexually explicit material?
4. Have you spent adequate time in Bible study and prayer?
5. Have you given priority time to your family?
6. Have you fulfilled the mandates of your calling?
7. Have you just lied to me?

John Wesley's Small Group Questions:

1. Am I consciously or unconsciously creating the impression that I am better than I am? In other words, am I a hypocrite?
2. Am I honest in all my acts and words, or do I exaggerate?
3. Do I confidentially pass onto another what was told me in confidence?
4. Am I a slave to dress, friends, work, or habits?
5. Am I self-conscious, self-pitying, or self-justifying?
6. Did the Bible live in me today?
7. Do I give it time to speak to me everyday?
8. Am I enjoying prayer?
9. When did I last speak to someone about my faith?

10. Do I pray about the money I spend?
11. Do I get to bed on time and get up on time?
12. Do I disobey God in anything?
13. Do I insist upon doing something about which my conscience is uneasy?
14. Am I defeated in any part of my life?
15. Am I jealous, impure, critical, irritable, touchy or distrustful?
16. How do I spend my spare time?
17. Am I proud?
18. Do I thank God that I am not as other people, especially as the Pharisee who despised the publican?
19. Is there anyone whom I fear, dislike, disown, criticize, hold resentment toward or disregard? If so, what am I going to do about it?
20. Do I grumble and complain constantly?
21. Is Christ real to me?

Wesley's Band Meeting Questions:

1. What known sins have you committed since our last meeting?
2. What temptations have you met with?
3. How were you delivered?
4. What have you thought, said, or done, of which you doubt whether it be sin or not?
5. Have you nothing you desire to keep secret?

Reference: *John Wesley's Class Meetings: a Model for Making Disciples*, by D. Michael Henderson, Evangel Publishing House, 1997, pp. 118-9