

Accountability for Recovery

“Two are better than one ... for if they fall, one will lift up his companion. But woe to him who is alone when he falls, for he has no one to help him up” (Ecclesiastes 4:9-10).

Is there a person close to you that you can ask to be your accountability partner so you won't drink, take drugs, or further your addiction? When you first come to the realization that you have an addiction, tell someone close to you. The Bible teaches the wisdom in confessing your sin to another, so that another person can keep you from temptations that will enable your addiction. Choose someone you can trust and who loves you—and will be stern enough to put these guidelines in place for you. **If you are a man, choose a man. If you are a woman, choose a woman as your accountability partner.**

“Confess your trespasses to one another, and pray for one another, that you may be healed” (James 5:16).

1. Give the name and contact of information of your accountability partner to your Bible study group leader.

Name: _____ Phone Number: _____

E-mail: _____

Give your Bible study group leader's name and contact information to your accountability partner.

Name: _____ Phone Number: _____

E-mail: _____

2. Accountability Observations.

“As iron sharpens iron, so a man sharpens the countenance of his friend” (Proverbs 27:17).

Be sure your accountability partner is observing you to make certain you have not been using any drugs/alcohol or things related to your addiction—24 hours a day, 7 days a week. Encourage your accountability partner to keep you stable and responsible. Also, make sure they are aware of your present and past associations to make sure you do not contact previous relationships that enabled your addiction.

Tell your accountability partner that there is zero tolerance for your addiction. This is a life-or-death situation—physically and spiritually.

One Step to Freedom

3. Curfew.

“Now, the works of the flesh are evident ... revelries ... those who practice such things will not inherit the kingdom of God” (Galatians 5:19-21).

The word “revelry” means late-night partying. Staying out late could be a temptation for you to socialize with people who may be drinking, doing drugs, or partying.

We suggest being home by 10 pm, unless absolutely necessary, such as if you are working. Why? Staying out later than 10 pm leaves you open to temptation and situations that are not beneficial to overcome your addiction.

Ask your accountability partner to wait up for you and talk to you when you come home at night. Why? To make certain that you have not been drinking, doing drugs, or have been someplace that you shouldn't.

4. Schedule.

“A little sleep, a little slumber, a little folding of the hands to sleep, so shall your poverty come on you like a prowler” (Proverbs 6:10-11).

Write out a daily schedule each week and give it to your accountability partner. Why? To keep you accountable to go to work or to go to school. Also, to encourage you to go to places and meet with people who will benefit your recovery—and likewise, to discourage you from going to places and meeting with people that will enable your addiction.

5. Bible Study.

“Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth” (2 Timothy 2:15).

Replace the time that you spent practicing your addictions with Bible study. Grab a church bulletin and note the days and times of the Bible studies that you can attend each week. Getting addicted to Jesus will overcome ANY addiction!