

## **Instructions for finding your prayer partner**

### **What you might do with such a person**

1. Is that you talk about concerns or struggles that are going on in your life and you prayed together about those concerns and struggles. Also pray about your successes as well.
2. Give him or her your standards that you have developed with God, disclose your temptations and weaknesses. That's really important for your accountability partner to know what your weaknesses are so that it can guide him how to pray for you. His prayers for you can give you strength to overcome those weaknesses.
3. You can encourage each other you can celebrate successes.
4. You can help each other when mourning for the losses that happens in your life, whether it's grief or maybe a loss of a job or a loved one.

### **Guidelines That You Should Follow**

1. Pray to God for the right person. If you are a male, you should select another male and he needs to be a practicing Christian and remember that a non-believer does not have the spirit of God in them and doesn't understand spiritual matters. I cover this by using 1 Corinthians 2:14- the illustration is in the Natural Man listed in the disciple's personalities.
2. This person should be a champion for others and you.
3. Do not choose someone who is negative or a Debbie downer.
4. Do not choose someone who is so busy that they cannot be consistent with you if you choose this kind of person you'll be disappointed a lot.

5. This relationship will be by bi-directional meaning that it's not all about you or about the other person. You should both grow in this relationship.
6. Pick someone other than family members. If you are married and having difficulties, family members take sides and you might get a skewed perspective. You need sound and godly advice with directions to walk through reconciliation and forgiveness.
7. Avoid the person who gossips or cannot keep confidential what you have to have shared together.
8. Don't be afraid to step out of your comfort zone. God will honor the process. Remember that person God leads you to, that person will not be perfect. They are not God, but they are godly because they daily live in the word, pray in faith, Fellowship with believers, and witness to the world.

**Here are some other accountability agreements you can use :**

1. I will seek the Lord each day by spending time alone with the Lord.
2. I will maintain confidentiality
3. I will approach conflict with prayer and compassion.
4. I will make sure it is safe for you to be honest.
5. I will not use anything you say against you.
6. I will pray for you regularly.
7. I will listen and will not interrupt when you share your feelings.
8. I will ask you the difficult questions and remain honest when you ask those questions of me.
9. I will meet you regularly.

10. I will be accountable to you.