

Covenant or Accountability Group Guidelines

- A covenant or accountability group is focused not on studying the Scripture but on providing accountability for the practice of spiritual disciplines, which include Scripture reflection and prayer as well as forgiving others, sharing your faith, and so forth. A covenant or accountability group is the place where growth in discipleship is talked about, supported, and renewed.
- Identify and gather group members. It is recommended that you limit group size to no more than seven members.
- At your first gathering, have the group members define the purpose of the group and what it means to them. Example: We are a covenant fellowship of Christian men/women intended to provide a safe, confidential environment where we can deepen our relationship with Christ through accountability and encouragement.
- Review the importance of confidentiality for this type of group.
- Determine a meeting place and define the frequency and duration of group meetings.
- Establish a format for your group meetings. Here is an example format for a six-week accountability group experience:
 - Sessions 1–3 can be a time for sharing your spiritual walk and journey with Christ, as well as a general time of getting to know one another.
 - Sessions 4–6 can be a time of developing the ongoing format, which could include sharing around the following talking points:
 1. Where you have seen God at work in the last week.
 2. Prayer requests.
 3. The places where you have fallen short or sinned.
 4. A check-in about the spiritual practices you committed to last week.
 5. Your plans for the next week, including whether or not you have anyone that you need to forgive.