

## **Accountability**

### **Introduction:**

Sarah and Margo had set their sights on the NCAA Championship in the 10K. The teammates shared their goals and then agreed to work together to achieve them. All season long they pushed each other to new levels of fitness, school records and a greater faith that God would help them maximize the talents He'd given them. Whenever discouragement or setbacks occurred, the friends prayed for and encouraged one another. In the last race before the NCAAs, the teammates ran side-by-side and both qualified for the NCAA Championships.

The girls achieved success by becoming accountability partners, sharing their goals and struggles, and by caring enough to make sure they each took proper steps toward overcoming those struggles to achieve the desired results.

### **Application:**

1. Name some reasons why sharing goals and struggles with others can be difficult.
2. What are some ways your team can make it easier for individuals to share areas in which they need help?
3. Tell about a time when a teammate helped you overcome mistakes or negative behaviors that were costing you a chance to achieve a goal.

### **Bridge:**

Great teammates understand the truth found in Ecclesiastes 4:9-10: *"Two are better than one because they have a good reward for their efforts. For if either falls, his companion can lift him up; but pity the one who falls without another to lift him up."*

### **Connection:**

1. Discuss how your team can benefit from establishing accountable relationships between teammates.
2. What are some areas in which your teammates can help you strengthen your relationship with Christ?

### **Discovery:**

1. Be a trustworthy teammate that others will come to for help in overcoming obstacles and achieving their potential.
2. Get real with a teammate. Ask him or her to hold you accountable in overcoming personal struggles.

3. Ask the Lord Jesus to give you the faith and strength to fully carry out No. 1 and No. 2.

**Memory Verse:**

*“Two are better than one because they have a good reward for their efforts.” –*  
Ecclesiastes 4:9

**Bible Reference:**

Ecclesiastes 4:9-10

**Topic:**

Accountability

Teamwork



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