

"Together We Can"

(Accountability and Support)

Share each other's troubles and problems, and in this way obey the law of Christ. (Galatians 6)

Since we become like the company we keep, it is important to have friends we respect. This is also the reason that involvement in a support group is so important to personal growth. When we are struggling in a certain area, it's helpful to know that we are not alone and that others want to share our pain. It is also helpful to see fellow strugglers modeling the things that will help us to overcome our obstacles - honesty, perseverance, and accountability.

A good person's mind is filled with honest thoughts; an evil person's mind is crammed with lies. The wicked accuses; the godly defend. The wicked shall perish; the godly shall stand. Everyone admires a person with good sense, but a person with a warped mind is despised. Lies will get anyone into trouble, but honesty is its own defense. Telling the truth gives a person great satisfaction, and hard work returns many blessings. A fool thinks he needs no advice, but a wise person listens to others. (from Proverbs 12)

How do I know if I am living accountability and support in a group setting?

- ✓ Being known in one group instead of hiding ourselves by running to many groups
- ✓ Picking up one "help" from every meeting instead of simply "doing a meeting"
- ✓ Sharing my own spot in the journey on the good days as well as the tough ones
- ✓ Extending the gift of my life to the community beyond the world of my primary addiction
- ✓ Opening up my deeper truth to someone who knows me well

God will hold all people accountable for their attitudes and actions. This is especially important for those of us who are procrastinating, thinking we can work on our recovery any time. God wants us to act immediately to receive his forgiveness and his power to help us change. Those of us who belong to God will give evidence of our faith by acting in ways

that testify to God's work in our life. If we entrust our life to God and seek to follow his will, we have nothing to fear. If we continue to do things our own way, rejecting God's plan of day-by-day salvation, our day of accountability will be one of shame and doom.

For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord. (Romans 6)

Show mercy to those whose faith is wavering. Rescue others by snatching them from the flames of judgment. There are still others to whom you need to show mercy, but be careful that you aren't contaminated by their sins. And now, all glory to God, who is able to keep you from stumbling, and who will bring you into his glorious presence innocent of sin and with great joy. (Jude)

Words from God inviting us to accountability and surrender:

- ✓ "I do not condemn you. Go and sin no more."
- ✓ "I invite you away from your trouble. I invite you to tenderness and healing."
- ✓ "You are my beloved. Leave your isolation and come close."
- ✓ "I offer direction that is clear and sure for the road ahead. I'll save you from the buried landmines."
- ✓ "There is only one God, your Creator, and that's who I am. You don't have to control life. That's my job. I can handle it. In fact, there are many forces well beyond your control. I invite you to give up the illusion that you can control your destiny."

Questions For Discussion and Reflection

1. How do I hide myself from others?
2. How has hiding myself and shutting others out kept me from discovering the truth about myself?
3. How are my new efforts to face my truth, with the help of others, paying off?
4. In what emotional space am I letting myself be known by others in support groups? At what times do I still hide in either silence or "selective sharing"?
5. Do I believe that God has a better way for me than I can put together for myself? What am I doing to become familiar with what God has shown as that better way to live