

Apprentice Group Meeting Guide – Accountability (Step 10)

In step 10, we take steps 1 through 9 and put them into continuous practice – one day at a time.

“Are we all ready?” - *If you haven’t yet read through this guide, take a look now.*

“How are we all doing?” – *High, Low & Buffalo.*

“Shall we dive in?” – *Read 2 Cor. 3:17-18 out loud. Take a few seconds, then read it again.*

“Let’s take a moment.” (Silence) – *Take a few minutes to “tune” your heart towards Jesus.*

“Who would like to go first?”- *Share one at a time – Set a timer if you’d like.*

1. Last week we prepared to make amends with those we’ve hurt. As far as it depends on you, were you able to make amends? Give a specific update for each person you planned to make amends with.
2. In step 10, we begin practising a **Daily Review**,¹ putting steps 1-9 into action each day. Try doing one out loud with your group right now:
 - i. Think about your day. What good things have you experienced? Try to name at least two things.
 - ii. When did you feel discouraged, tempted, or drained? Again, try to name at least two moments.
 - iii. Tell God about how you’re feeling: “God, thank you for _____. I feel _____ when I think about _____.”
 - For example, “God, thank you for the time I got to spend with my friend this morning. I feel embarrassed when I think about that conversation I had yesterday.”
 - iv. As you think about “your side” of your relationships today, is there anything you need to own or apologize for? Is there anyone you need to make amends with or forgive?
 - v. Look to tomorrow – where do I need help or support?
 - For example, “I need to make sure that I call a friend tomorrow evening so I don’t get too lonely.”

¹ Daily Review adapted from John Ortberg Steps 228-229.

3. The Daily Review can also be completed as needed, like a “spot check”. When we notice temptation, sin, fear, a character defect, or painful patterns beginning to repeat, we can pull out the Daily Review and check in with ourselves. How will you know you need to do a spot check?
- i. Say this out loud: “I commit to doing a spot check whenever I notice myself feeling / thinking _____.”
 - ii. For example, “*I commit to doing a spot check whenever I notice myself feeling angry at my spouse,*” or, “*...whenever I notice myself thinking that I’m worthless.*”
4. As we continue to seek freedom daily, it’s important to be held accountable by friends. What question could your group ask you to help keep you accountable?
- i. For example, “*How’s your screen time been this week?*” or “*How have things been between you and your father lately?*”
5. When would a Daily Review fit best in your day? Where would you sit to do it? Commit to doing an inventory at least once between now and next week (ideally it’s done once a day).

“Thanks for sharing _____. Can I pray for you?” (Prayer)

“Alright, who’s next?” (Everyone Takes a Turn Sharing and Being Prayed For)

“Thanks everyone! Same time next week?” (Confirm Next Meeting & Wrap it Up)

The Daily Review

Use this page to take inventory throughout the week and for “spot checks” as needed.

1. Think about your day. What good things have you experienced?

2. When did you feel discouraged, tempted, or drained?

3. Tell God about how you're feeling: *“God, thank you for _____. I feel _____ when I think about _____.”*

4. As you think about “your side” of your relationships today, is there anything you need to own or apologize for? Is there anyone you need to make amends with or forgive? **Yes / No**

5. Look to tomorrow – where do I need help or support?