***Why Accountability?***

**Read Ruth Chapters 1 - 4**

* Just as Ruth helped Naomi and Naomi helped Ruth, we too can benefit from a covenant relationship with another girl friend. A girl friend we can trust to be real with. This accountability friend must be someone of the same sex, mature, godly, and chosen by God, with a character that reflects Christ.

Describe a time when you have felt so alone:

Did you want to share with someone but did not know who to trust?

**Read Psalms 55:12-14**

What keeps you or might keep you from developing deep meaningful relationships with other women?

* Betrayal causes deep wounds of the heart! Have you ever been betrayed by someone that hurt you deeply? We all have been hurt by someone. Some have been hurt deeper than others.

If a name of a person immediately comes to mind that has hurt you, talk to the Lord and ask Him if you have truly forgiven them or if you are still carrying them around as weight because you can’t let it go. Write a prayer to The Lord and ask Him.

If you are struggling with forgiveness find someone that you can talk with that will lead you back to the Lord, because He is the best Counselor you can get. **Read Isaiah 9:6**

**Read Ephesians 4:29-32,** Forgiveness sets the heart free**.**

What words are you speaking which bring corruption?

What words are you speaking which bring edification?

Are you grieving the Holy Spirit because of un-forgiveness, bitterness, wrath, anger, fighting, or evil speaking?

**Read Ephesians 5:1-2**, Walk in love as Christ loves us.

**Definitions:**

1. Covenant – an agreement between two people that involves promises on the part of each to the other.
2. Trust – assured reliance on the character, honesty, faithfulness, ability, strength, or truth of someone or something. To rely and depend on.
3. Truth – sincerity in action, character and utterance
* Realizing that God established Covenant, we can trust Him and He only speaks the Truth.

**Read Proverbs 11:14**, Why is it important to find girl friends that understand covenant friendships based on trust and truth?

Do you have a girlfriend in your life that tells you the truth and nothing but the truth? If so, text, email, or write her a note right now thanking her for being a friend you can trust and rely upon.

* Much of our hardships could have been prevented if only we made ourselves accountable.

**Read Psalms 1:1-6**

What do you think the difference between the world’s counsel and godly counsel is?

***Reflect on the following:***

**Read Titus 2:3-5** “*Let the aged women likewise be in reverent behavior, not slanderers, not enslaved by much wine, teachers of good; that they may train the young women to love their husbands, to love their children, to be discreet, chaste, keepers at home, good, subject to their own husbands, that the Word of God may not be blasphemed. “*

* When God puts us in a position of influence in a friendship, we must lead others to the Lord and not to ourselves.
* God has given women the ability to influence. We can influence for our gain or for God's Glory.