

We Are Not Meant to Travel Alone

- We are hard-wired for community, belonging, connection, togetherness.
- If you think you're different: you're not, but you may be hurt.
- **Strong friendship (connection) needed.** If you feel you need a therapist or doctor, please seek one out!
- **Accountability. Fellowship. Sponsorship**

Galatians 6:1-2

Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted. ² Bear one another's burdens, and so fulfill the law of Christ. ³ For if anyone thinks he is something, when he is nothing, he deceives himself. ⁴ But let each one test his own work, and then his reason to boast will be in himself alone and not in his neighbor. ⁵ For each will have to bear his own load.

5 Questions for the Unconvinced

1. Why do I need a sponsor/ accountability partner?
2. What are the qualities of a sponsor?
3. What does a sponsor do?
4. How do I find a sponsor/ accountability partner?
5. What is the different between a sponsor/
accountability partner?

Why Do I Need a Partner?

Ecclesiastes 4:9-12 "Two are better than one because together they can work most effectively. If one falls down, the other can help him up. But if someone is alone...there is no one to help him....two people can resist an attack that would defeat one person alone."

Who is Qualified to Be My Partner?

1. Is he or she living the 8 principles? (Don't be too critical)
2. Does he or she have a growing relationship with God?
3. Is he she willing to help and serve others? (Not fix others-help!)
4. Does he she show compassion, care, and hope? (Not pity)
5. Is he a good listener?

Who is Qualified to Be My Partner?

6. Is he strong enough to confront you?
7. Does he offer suggestions?
8. Can he be honest about his own struggles with others?

The Role of a Sponsor

1. Discuss issues that are too personal or take too much time at a meeting.
2. Available at times of crisis or relapse.
3. Serves as sounding board by being objective.
4. Encourage you.
5. Model the Lifestyle of the 8 principles.
6. You and your sponsor may part ways.

How to Find a Partner

- 1. Must be same sex. No exceptions!**
- 2. You relate. They meet the qualities gone over.**
- 3. Talking after the meeting or at church.**
- 4. Don't take it personally if someone can't do it.**
- 5. Pray and trust God to lead you to this person. And when you get it, don't doubt it.**

Sponsor vs. Accountability Partner

Sponsor - completed the first four CR guides, has worked through 8 principles and 12 steps. Along with qualities discussed. (Coach)

Accountability Partner- issue specific people that hold you accountable in certain areas. i.e. attendance, journaling etc. Encourage one another. Teams of 3 or 4 possible too. (Team)

I HAVE SET BEFORE YOU

LIFE

and **DEATH**

Deuteronomy 30:19

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**Start looking to
build your
support team
tonight!**