

TRANS
FORMED

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THE ESSENTIAL
**ACCOUNTABILITY
CHECKLIST**



TRANSFORMED[★] DISCIPLESHIP MINISTRY

FIRST MEETING:

- Ask the Lord for His help to guide you through your initial icebreaker conversation
- Pray together before you begin (“Pray us in”)
- Show an abundance of grace, empathy, and humility
- As a coach, share your personal testimony about your sexual sin
- Ask your brother in Christ to share his struggles
- Be prepared with information for professional referral(s) if the case is beyond the ministry’s abilities
- Go over “Transformed Coach to Brother-In-Christ Agreement”
- Answer any questions
- Sign agreement
- Use the remaining time in your meeting to get to know each other
- Schedule next meeting
- Pray together before you leave (“Pray us out”)

FOLLOWING MEETINGS:

Meet for one hour each week and cover one section of a resource from the purity curriculum list below. Meet on consecutive weeks until the curriculum is completed.

PURITY RESOURCES:

- Surfing for God by Michael John Cusick
- Proven Men by Joel Hesch
- Clean by Douglas Weiss, K. C. Bragg, et al.
- Every Man’s Battle by Stephen Arterburn
- Conquer Series by Michael Youssef

Both parties are encouraged to purchase their own copy of the curriculum.

GUIDE FOR MEETINGS:

- Initial greetings and small talk—keep this short
- Prayer (“Pray us in”)
- Ask: “How’s the battle?”—allow for open confession to discuss struggles, relapses, temptations, etc.
- If a brother confesses to giving in to sexual sin, ask if he asked the Lord to forgive him, and if not, encourage him to pray for forgiveness at that time.
- “Rewind the tape”—see if he can determine when, where, and how God orchestrated the way out of that specific temptation before your brother gave in to sin.
- Point out temptations that came your way over the last week as well and how you chose to take the way out.
- Ask: “How is your quiet time with the Lord going?”
- Focus the rest of the meeting on the curriculum and associated questions of the assigned chapters.
- Suggested Question: Was there anything within the chapters or the questions that stood out or resonated with you?
- Closing Prayer (“Pray us out”)

REMEMBER:

Overly rely on the Lord and under rely on yourself during this process.

Point to biblical truth (scripture) throughout each coaching session as often as possible.

CONTENT FOR TEXT BLOCKS DESIGNED INTO THE DOCUMENT:

BEST PRACTICE:

Thoroughly read the material and answer all questions before each meeting.

RECOMMENDATION:

Both coach and brother— write out the answers to discussion questions in a journal or type them out on a Word document to provide ample space to put all of your thoughts and answers into words.

IF YOU BEGIN THIS MINISTRY IN YOUR CHURCH, THESE ARE KEY POSITIONS:

1. Head Coach
2. Lead Connector
3. Pastoral Oversight

BE PREPARED WITH A BACKUP:

Establish relationships with Christian sex addiction therapists and counselors in the local area for professional help when necessary.

IDEAS FOR SPREADING THE WORD:

1. Share at men's small group or event
2. Rally call on social media
3. Private conversation with a friend or acquaintance

MEETING GOALS:

- Brother talks 70% of the time during your meeting, and the coach's job is to listen.
- Honor each other's schedule by starting and ending on time.
- Put the next meeting date on each person's calendar.