

## Look Down Assignment

Answer the following questions.

**What areas of your life do you want to improve this year? List the “stumbling blocks” or “stones” you perceive are in your path in these areas.**

Spiritual Life: \_\_\_\_\_

Social Life: \_\_\_\_\_

Finances: \_\_\_\_\_

Professional Life: \_\_\_\_\_

Health & Wellness: \_\_\_\_\_

Education: \_\_\_\_\_

Habits: \_\_\_\_\_

**If God were to reveal to you what he sees in your path, what stones do you think he would point out that you may have failed to take ownership?**

\_\_\_\_\_  
\_\_\_\_\_

**In your relationship with God what role has confession played in your growth and development? Check all that apply.**

\_\_\_\_\_ I don't believe confession has helped me become a better Christian.

\_\_\_\_\_ I don't know if confession has helped me become a better Christian.

\_\_\_\_\_ I know that confession has helped me become a better Christian.

\_\_\_\_\_ I rarely confess my faults to God.

\_\_\_\_\_ I confess my faults sometimes.

\_\_\_\_\_ I confess before I stumble.

\_\_\_\_\_ I usually confess after I stumble.

\_\_\_\_\_ I confess my faults regularly.

**List the names of three people you would be willing to enter into covenant with that are trustworthy and equitable (faithful and just). In your own words, why would you choose those persons?**

- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_

**Follow these steps to determine if God is leading you into an accountability relationship to help sharpen your life.**

1. Pray that God will reveal the stones in your path. Be honest with yourself and transparent with God first.
2. Identify friends in faith who are trustworthy and equitable. They must be able to forgive and challenge you for your good.
3. Initiate the fellowship (covenant relationship) by asking for their help. Share your concerns, share your plans, and decide on the level of accountability you need.