

SPIRITUAL ACCOUNTABILITY CHECKLIST

Helmet of Salvation



ASK

- How do you remind yourself of your salvation through Jesus Christ?
- How does Satan tempt you to question your faith?
- What events or actions trigger your thoughts to spiral out of control negatively?

READ

- Romans 5:6-11, Acts 4:12, 2 Corinthians 10:3-6

Breastplate of Righteousness



ASK

- In what ways are you tempted to follow your heart instead of Jesus?
- What makes you feel self-righteous?
- In what ways do you attempt to justify your actions or those of others?
- What sins do you need to repent of and receive God's forgiveness?

READ

- Jeremiah 17:9, Proverbs 4:23-27, 2 Corinthians 5:21, Psalm 34:19, Romans 4:20-25

Shield of Faith



ASK

- What sins, desires, or habits make you vulnerable to Satan's attack?
- Which of your works tempt you to think you deserve salvation?
- Which of your failures or sins make you think you are beyond salvation?

READ

- Hebrews 11:1, Ephesians 2:8-10, 2 Thessalonians 3:3

Loins Girded with Truth



ASK

- What lies of the world are you most tempted to believe about yourself or God?
- What lies do you tell yourself or others?
- What truths from the Bible does Satan tempt you to reject?

READ

- John 14:6, 2 Timothy 2:15, Proverbs 23:23, John 8:32, John 16:13

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Sword of The Spirit



ASK

- How consistent and effective is your Bible Study time?
- To what extent is the Word of God transforming you?
- What makes you wonder if God is still in control and fighting for you?
- In what ways are you tempted to trust the world's authority over God's Word?

READ

- Hebrews 4:12, 2 Timothy 3:16-17, 1 John 2:15-17

Feet Shod with the Gospel of Peace



ASK

- Which current circumstances or event threaten to steal your peace?
- Is there anyone with whom you need to make peace or forgive?
- Are doing anything that disturbs the peace between you and your neighbor or you and God?
- Who in your life needs to hear the Good News of the Gospel?

READ

- Romans 4:25-5:1, John 14:27, Romans 10:15, John 16:33

Prayer in the Spirit



ASK

- Which of your burdens do you need to cast off or roll over to God in prayer?
- What issues do you find too big or too small to pray about?
- Who needs you to pray for them?

READ

- Romans 8:26-27, Matthew 6:9-13, Ephesians 3:20-21, 1 Peter 5:6-9

Battle Readiness Review



- Equip yourself with the full Armor of God based on Ephesians 6:10-18.
- Inspect your standards by asking yourself these questions and journaling your answers.
- Apply corrective training by referencing Scripture and finding support through Biblical standards.
- Remember this is a continuous preparation for daily battle.