



## *Marriage Tune-Up – 2009*

### **Accountability Questions for WOMEN**

1. How is my overall spiritual health? By God's grace, can it be said of me that I am a growing Christian whose first love is the Lord, and do I have a passion to know the Lord better and to serve Him, obey Him and to bring glory to the Lord Jesus Christ?
2. Am I really striving to please the Lord in all areas of my life? How does that show?
3. Am I becoming more and more conformed into the image of the precious Lord Jesus Christ? In what ways?
4. Have I been totally honest? Have I engaged in any half-truths, falsehoods, or misleading statements? Have I lied or misrepresented the full truth about any matter?
5. Have I honored God at my work (whether at home or at my employment)? Have I dealt with integrity and fairness in all my work, personal and business relationships, and in all of my statements and actions relating to all aspects of my work? Have I worked hard, as unto the Lord, being diligent and totally avoiding laziness, idleness and time-wasting?
6. Have I been kindhearted, gentle, gracious and merciful to others? Have I answered gently with pleasant words, avoiding harsh words? Or have I been quarrelsome and ill-tempered? Have I harbored a spirit of unforgiveness, grudge-bearing or bitterness against anyone? Have I been patient?
7. Have I hidden any sins? Is there any unconfessed sin in my life that I am unwilling to deal with? Have I refused to fully repent? Is my conscience clear and clean before God and with others?

8. Have I been morally pure? Have I maintained purity in my thoughts, words, actions and relationships with men? Have I viewed or read any pornography, dirty books, romance novels with themes of sex outside of marriage or other material which contains nudity or sexual content? Did I vigilantly control my eyes and my ears?
9. Have I truly honored God? Or have I engaged in any conduct, words or thoughts which were dishonoring to the Lord? Right now do I believe that the Lord would consider my thoughts, words, attitudes and actions to have been consistent with God's Word and His Ways?
10. Did I give of myself, my time, my service, my gifts and talents to the Lord and to my local church? Have I faithfully met my financial and time commitments to my Church? Am I a cheerful and sacrificial giver? Have I been a good and faithful steward ?
11. Have I spent quality time studying and meditating on the Word of God every day as a part of systematic Bible study? Am I working on memorizing Scripture? Do I have a disciplined and vital devotional life?
12. How has my prayer life been? Have I prayed daily as a part of a disciplined, persistent and fervent prayer program? Do I have a plan for my work of prayer? Do I have a set-aside time and place for my prayer time? Have I remained in an attitude for immediate prayer at all times through the day?
13. Have I prayed for each member of my family every day? Have I kept current on the prayer requests and needs of each member of my family? Have I faithfully kept my promises to pray for someone or something?
14. Have I affirmatively planned and prayed about how to nurture and support my family? Have I carefully watched over the affairs of my household? Have I kept my family as true a priority? Have I invested my time and energy into my family this week by giving undivided attention and time to the activities and interests of my family, family conversation, spiritual instruction of my family under the leadership of my husband, and family recreation? Have I maintained proper balance and priorities when considering my family and their needs and benefits, in relation to my work, activities, and friends away from my family? (If children) Have I been an effective mother according to God's Word?
15. Have I properly submitted myself to my husband as to the Lord, and have I facilitated my husband's submission to Christ as his head? Have I respected my husband? Have I refrained from nagging or inappropriately criticizing my husband? Have I adorned myself with inner beauty – the unfading beauty of a gentle and quiet spirit – and with righteousness and spiritual virtues?

16. Have I been totally loyal to my husband in every respect? Have I affirmed my husband and assisted him to be his best? Have I maintained excellent and God-honoring communication with my husband? Have I vigilantly guarded matters that should be kept strictly private between my husband and me? Have I brought my husband good, not harm?
17. Have I been romantic with my husband and have fully engaged in and encouraged intimacy with my husband, remembering that my body belongs also to my husband and that I must not deprive my husband of sex? Have I kept my husband as my best friend and my confidante?
18. Have I taken captive all my thoughts in obedience to Christ? Has my thought life been honoring to the Lord and have I refused to think, visualize or fantasize about themes of power, sexual misconduct, illicit relationships, or materialism? Do I think the Lord would be pleased with my thought-life?
19. Have I honored the Lord with my speech? Have I vigilantly guarded my tongue so that my speech is consistent with a sound commitment to the Lord and displays a clear testimony for Him? Have I avoided wrongful jokes, gossip, slander, tongue-wagging, cutting others down, wrongful criticism or the giving and receiving of bad reports about other Christians? Do I think the Lord would be pleased with my speech?
20. Am I involved in evangelism? Do I have a plan for the “who?” “when?” and “how?” of my evangelizing and have I followed that plan? Did I PRAY for opportunities to witness and for God’s strength, guidance and effectiveness in evangelizing? Did I readily share my faith in Christ through personal evangelism and did I maintain and display a clear, evident Christian testimony?
21. What is my “grade” in the areas of: (a) Christian character; (b) ethics; (c) morality; (d) integrity; (e) willing and heart-felt obedience of the Lord’s directives and instructions as set out in His Word; (f) being the wife God calls me and instructs me to be; and (g) being the mother (grandmother) God calls me and instructs me to be?
22. Have I kept my relationship with the Lord vital, close, sweet and unhindered? When I sinned did I seek the Lord to confess my sins and did I ask for forgiveness from the Lord and from anyone wronged or offended? Did I truly repent of each sin?
23. Have I taken proper and God-honoring care of my body - which is the temple of the Holy Spirit - through exercising discipline in what and how much I ate and drank, and through a diligent plan for regular and proper exercise and proper nutrition?
24. Have I been an example of a believer so as to encourage Christians and to attract unbelievers to the Lord? Have I eliminated any possible “stumbling blocks”? Have I

made choices that were totally in accord with God's Word and were clearly pleasing to God? Am I on the "center beam" of God's will and God's ways?

25. Have I genuinely submitted to authority? (to the Lord and His Word, to my pastors and church leaders, to my husband, (if employed) to my bosses and employer, to political rulers and the laws of the land, and to others in authority over me.)
26. Do I have God's peace in my life and abundant joy in the Lord? Am I truly content with what I have while striving to achieve spiritual and personal growth? How does that show?
27. Have I been humble? Have I rejected pride and selfishness? Do I give God 100% of the credit? Do I think and act consistent with the truth that apart from the Lord I can do NOTHING? Do I put into my life the principle that "I can't...God can"?
28. Have I hallowed God? Have I eliminated "idols" in my life to be sure that God is in fact number one in my life, in my attention, in my devotion, and in my desires?
29. Have I been careful and God-pleasing in my associations and in choosing my friends and counselors, and in deciding with whom I spend my time?
30. Have I maintained an attitude of conscious thankfulness to God, and have I expressed my thanks to Him in all things and at all times, and especially during my times of prayer? Have I been thankful to others and have I expressed that appreciation verbally or in writing to others?
31. Have I fulfilled with excellence my God-given roles, duties and responsibilities? ... As a child of God, as a woman, as a wife, as a mother, as a grandmother, as a daughter, as a daughter-in-law, as an employee (or employer), as a member of my local church, as a friend, as a counselor, as an evangelist, and as \_\_\_\_\_?

sla\R:\++Refior-personal & family stuff\++Marriage Tune-Up\Accountability for WOMEN -MTU 2009.doc

(Revised August, 2009)

Rafe Refior  
[www.refior.com](http://www.refior.com)