

# Appendices

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# one-on-one ACCOUNTABILITY QUESTIONS

Choose some of these questions each time you are together:

**What did you learn about God?**

**What did you learn about yourself?**

**What sin did you see or deal with?**

**What specific application from the Bible did you make?**

**What do I need to do to hold you accountable?**

**How would you describe your relationships?**

**with roommates?**

**with significant others?**

**with those you are dating?**

**with family members?**

**How are you doing with time management?**

**How are you doing with finances/paying off debts?**

**How are you doing with your classes?**

**Are you going to all of them all of the time?**

**Are you struggling in any particular class?**

**Have you asked to study with a classmate?**

**Have you sought help from the instructor?**

**How would you describe your relationship with Jesus?**

**Have you been consistent in prayer and Bible reading?**

**What have you been reading in the Scriptures?**

**What are you learning/applying?**

**What have you been praying about?**

**What did you learn from a recent sermon/teaching that you are applying?**

Set up the next time and place to meet.

Make notes about the time together. (See following page -- **One-on-One Notes**)

Source

Curtis and Sara Hobbs, Chi Alpha at University of Wyoming, Laramie, Wyoming

# one-on-one NOTES

Name \_\_\_\_\_

Date \_\_\_\_\_

Review assignment/results: \_\_\_\_\_  
\_\_\_\_\_

What did we actually talk about? \_\_\_\_\_  
\_\_\_\_\_

Significant issues raised: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

New assignment: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Does he/she understand the assignment; can he/she realistically do it? \_\_\_\_\_

What did I commit myself to do or pray for? \_\_\_\_\_  
\_\_\_\_\_

Date \_\_\_\_\_

Review assignment/results: \_\_\_\_\_  
\_\_\_\_\_

What did we actually talk about? \_\_\_\_\_  
\_\_\_\_\_

Significant issues raised: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

New assignment: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Does he/she understand the assignment; can he/she realistically do it? \_\_\_\_\_

What did I commit myself to do or pray for? \_\_\_\_\_  
\_\_\_\_\_

Source  
Curtis and Sara Hobbs, Chi Alpha at University of Wyoming, Laramie, Wyoming

# processing retreats and CONFERENCES IN SMALL GROUPS OR ONE-ON-ONE

Immediately following a retreat or conference, write some notes on this page and discuss them in your small group or with your group leader.

**What were the major points of the speaker?**

**What did God say to you there?**

**At the retreat what response did you give to the things God said to you?**

**What do you need to do in response to this retreat now that you are back?**

**What do you need from your small group or your group leader to help you walk in obedience to these things?**

Source  
Curtis and Sara Hobbs, Chi Alpha at University of Wyoming, Laramie, Wyoming

# helpful Scriptures

## BY TOPIC

### ➔ Anger

Proverbs 15:18	hot-tempered man stirs dissension, patient man calms quarrel
Proverbs 16:32	better he who controls temper than one who takes city
Proverbs 19:11	overlook offense
Proverbs 22:24-25	do not associate with angry person
Ephesians 4:26, 31-32	don't let sun go down on anger
Colossians 3:8	rid selves of rage, malice, etc.
James 1:19-20	man's anger not bring God's righteousness

### ➔ Bitterness/Resentment

Mark 11:25	when praying, if hold anything against anyone, forgive
Hebrews 12:15	no bitter root that defiles many

### ➔ Child Training

Deuteronomy 11:18-28	teach children words of God and be blessed
Psalms 78:1-8	teach children God's faithfulness so will obey Him
Proverbs 22:6	train child, not depart when old
Proverbs 29:17	discipline son, delight
Ephesians 6:1-3	children obey and honor parents
Ephesians 6:4	fathers don't exasperate children, train

### ➔ Condemnation

John 3:17-18	Christ sent to save, not to condemn, believe in Christ
John 5:24	believing in Christ brings no condemnation
John 8:11	since not condemned, sin no more
Romans 8:1	those trusting in Christ not condemned

### ➔ Depression

Psalms 42:5-6	why downcast? Hope in God
Psalms 147:3	God heals brokenhearted
Isaiah 40:31	hope in God, fly like an eagle, run and walk tirelessly

**Philippians 4:6-7**

**1 Peter 4:12-13**

telling God everything brings peace to heart and mind  
trials are tests, rejoice in sharing Christ's sufferings

## ➔ **Discouragement**

**Joshua 1:7-9**

**Psalms 138:7-8**

**Matthew 11:28**

**2 Corinthians 4:8-9**

**Galatians 6:9**

**Hebrews 10:35-36**

be strong and courageous, obey my commands  
in trouble the Lord revives, saves  
come to Me weary and I'll give rest  
even in deep difficulty, not hopeless or destroyed  
don't grow weary of doing good  
don't throw away confidence in God, persevere

## ➔ **Faith**

**Mark 11:22-25**

**Hebrews 11:1**

**Hebrews 11:6**

**James 1:5-6**

mountain be removed, pray believing, forgive  
faith is sure of what don't see  
must believe that God exists and rewards seeker  
faith, not double-minded

## ➔ **Fear**

**Psalms 27:1-3**

**Psalms 56:11**

**Psalms 91**

**Proverbs 3: 24-26**

**John 14:27**

**2 Timothy 1:7**

**Hebrews 13:5-6**

Lord is my stronghold, whom shall I fear?  
put trust in God, don't be afraid  
security of one trusting in Lord  
Lord will be your confidence, no need to fear  
peace of Christ not of world  
God doesn't give spirit of timidity  
God never forsake, what can man do?

## ➔ **Financial Needs**

**Proverbs 11:24-25**

**Malachi 3:10**

**Matthew 6:33**

**Luke 6:38**

**Philippians 4:19**

blessed if generous  
tithe  
seek first God's kingdom  
give and it will be given to you  
God meet all needs from His riches

**Hebrews 13:5**

**3 John 2**

be content with money you have  
prayer for good health and prospering

## ➔ **Forgive Others**

**Proverbs 19:11**

**Matthew 6:14-15**

**Matthew 18:21-35**

**Mark 11:25**

**Romans 12:14, 19-20**

**Colossians 3:13**

overlook an offense  
if don't forgive, Father will not forgive you  
unforgiving servant, forgive from your heart  
when praying, if hold anything against anyone, forgive  
don't take own revenge  
forgive as Lord forgave you

## ➔ **Forgiveness of Sins**

**Psalms 32:5**

**Psalms 51**

**Psalms 103:12 (whole psalm)**

**Proverbs 28:13**

**Isaiah 43:25**

**1 John 1:9**

acknowledged sin, forgiven  
David's prayer for forgiveness  
as far as east from west, removed our sins  
confess, forsake sin, find mercy  
I blot out your sins and don't remember them  
confess and forgiven

## ➔ **Guidance**

**Psalms 32:8**

**Psalms 37:23**

**Psalms 143:10**

**Isaiah 30:21**

**Isaiah 58:11**

**John 16:13**

God teaches, counsels way to go  
Lord makes steps firm  
teach me do Your will, Spirit guide me  
When turn to right or left, hear voice behind you saying, "This is way"  
Lord always guides, meets needs, strengthens  
Spirit guides into all truth

## ➔ **Healing**

**Psalms 103:2-3**

**Matthew 9:35**

**1 Peter 2:24**

forgives and heals all diseases  
Jesus healed  
by His wounds, healed

## ➔ Humility

<b>Psalm 25:9</b>	guides the humble
<b>Micah 6:8</b>	act justly, love mercy, walk humbly
<b>Luke 18:14</b>	humble yourself, you'll be exalted
<b>1 Peter 5:5-6</b>	God gives grace to humble

## ➔ Inner Healing/Father's Love

<b>Psalm 34:18</b>	Lord near brokenhearted and crushed in spirit
<b>Psalm 147:3</b>	God heals brokenhearted
<b>Luke 4:18 and Isaiah 61:1</b>	heal brokenhearted
<b>John 14:18</b>	I'll not leave you as orphans
<b>John 16:23-27</b>	Father himself loves you
<b>Romans 8:15</b>	Abba Father, adoption
<b>Galatians 4:1</b>	not slaves, sons of Father

## ➔ Loneliness

<b>Psalm 23</b>	Lord is my Shepherd
<b>Psalm 25:1,16</b>	turn to me, Lord, for I am lonely
<b>Psalm 27:10</b>	though parents forsake, Lord receive me
<b>Psalm 46:1</b>	God is refuge, strength
<b>Matthew 28:20</b>	I will be with you always
<b>John 14:1</b>	don't be troubled, trust God
<b>John 14:18</b>	I will not leave you orphans, come to you

## ➔ Love

<b>Matthew 5:44-47</b>	love only those who love you - what reward?
<b>Mark 12:28-34</b>	love God, love neighbor; not far from Kingdom
<b>John 15:12-13</b>	my command to love each other; no greater love than lay down life
<b>1 Corinthians 13</b>	love chapter
<b>Hebrews 10:24</b>	spur each other on to love and good deeds
<b>1 John 3:16-18</b>	do not love with words only, but with actions
<b>1 John 4:7-12, 16-21</b>	if love God, must love brother; God is love; no fear in love



## ➔ Marital and Family Problems

**Psalm 101:1-4** live blameless in your house  
**Joshua 24:15** I and household serve Lord  
**Ephesians 4:31-32** put away bitterness, anger, and forgive  
**Ephesians 5:33** husband love wife, wife respect husband

## ➔ Obey God

**Luke 6:46-49** if obey God's word, house on rock  
**John 14:15** if you love Me, you will obey My commandments  
**2 Corinthians 5:14-15** no longer live for self, live for Him who died for you  
**Mark 10:28-31** left houses and family, receive more

## ➔ Peace of Mind

**Psalm 4:8** peaceful sleep in Lord's safety  
**Isaiah 26:3** perfect peace of steadfast mind  
**John 14:27** peace I leave with you, not like the world gives  
**Romans 5:1** since justified by faith, peace  
**Colossians 3:15** let Christ's peace rule hearts

## ➔ Prayer

**Matthew 18:18-20** bind and loose, if two agree  
**2 Corinthians 10:3-5** we have divine power to demolish strongholds  
**1 John 3:22-24** prayers answered because we obey and love one another  
**1 John 5:14-15** ask according to His will

## ➔ Restore Someone Who Sins

**Matthew 18:15-17** go to offender alone, then with two or three  
**Galatians 6:1** restore gently lest you be tempted

## ➔ Resurrection Hope

**John 6:39-40** everyone who looks to Jesus shall have eternal life, raised at last day  
**John 11:25-26** I am resurrection and life

**1 Corinthians 15:16-22, 42-44, 51-55** resurrection of dead, death where is sting?  
**1 Thessalonians 4:13-18** resurrection, those alive caught up with them

## ➔ **Second Coming of Christ**

**Matthew 24** Jesus tells the signs before His return  
**John 14:1-3** I'll return, take you to place I prepare  
**Acts 1:9-11** Jesus will return in the way He left  
**Hebrews 9:27-28** man die once and face judgment; Christ will return  
**1 John 3:2** when He appears we will be like Him  
**Revelation 1:7** every eye will see Him

## ➔ **Strength**

**Psalms 46:1-3** God is help in troubled times  
**Psalms 61:1-2** listen to my prayer when I'm weak. Lead me to rock.  
**Isaiah 40:29** strength and power given to weary  
**Philippians 4:13** all things done in Christ's strength

## ➔ **Submission to Authority**

**Romans 13:1-8** submit to authorities, give respect, honor  
**Titus 3:1-2** be subject to rulers and authorities, don't slander  
**Hebrews 13:17** obey leaders, submit to authority, obey them so their work a joy  
**1 Peter 2:13-17** submit to authority, don't use freedom for evil, honor the king  
**1 Peter 2:18** slaves (employees) submit to masters with respect, both good and harsh  
**1 Peter 5:2-5** overseers don't lord it over people, young submit to older, be humble

## ➔ **Temptation**

**Psalms 37:23-24** if stumble, not fall, Lord upholds  
**1 Corinthians 10:13** no temptation but what is common, way of escape  
**2 Thessalonians 3:3-5** Lord will strengthen and protect from evil one  
**Hebrews 2:18** He is able to help tempted  
**Hebrews 4:16** approach the throne of grace for help in need

## ➔ Trials of Life

**Psalms 55:22**

**Isaiah 26:3**

**Isaiah 43:2**

**Romans 8:31-39**

**2 Corinthians 4:8-9**

**2 Corinthians 12:9**

**Hebrews 4:16**

**1 Peter 4:12-13**

Lord will sustain you

steady mind on Lord will bring peace

Lord will be with you

nothing separates from love of God

hard pressed but not crushed, etc

grace is sufficient

approach the throne of grace for help in need

don't be surprised, rejoice in sharing Christ's sufferings

## ➔ Worry

**Isaiah 41:10**

**Matthew 6:25 (vs. 19-34)**

**John 14:1**

**Philippians 4:6-7**

**1 Peter 5:7**

God is near, helps, strengthens fearful

don't worry about clothes, etc.

trust in Christ, don't be troubled

peace of mind from telling God all

throw concerns on God, He cares for you