

BEN WASHINGTON BAPTIST CHURCH

BIBLE STUDY

Are you Disciplined to be Spiritual? The Discipline of Fellowship & Accountability – Part 7

Dr. Michael Oyedokun II, Pastor



SPIRITUAL DISCIPLINES

BIBLE STUDY SERIES SCHEDULE

Week #1 – February 4, 2026

“The Purpose of Spiritual Disciplines”

Week #2 – February 11, 2026

“The Discipline of Bible Intake”

Week #3 – February 18, 2026

“The Discipline of Bible Study & Meditation”

Week #4 – February 25, 2026

“The Discipline of Prayer”

Week #5 – March 4, 2026

“The Discipline of Fasting”

Week #6 – March 11, 2026

“The Discipline of Worship”

Week #7 – March 18, 2026

“The Discipline of Fellowship & Accountability”

Week #8 – March 25, 2026

“The Discipline of Service & Stewardship”

SPIRITUAL DISCIPLINES

The purpose of **spiritual disciplines** is to intentionally cultivate spiritual growth, transform one's inner self, and deepen a relationship with God (or a higher power) by developing habits like prayer, scripture study, and fasting. They are not the goal itself but rather spiritual "exercises" or training tools, much like athletic training, that build spiritual strength, foster reliance on God, and help align one's life with divine will, leading to greater likeness to Christ and spiritual maturity.

SPIRITUAL DISCIPLINES

The Discipline of Fellowship & Accountability

SPIRITUAL DISCIPLINES

Understand the Discipline of Fellowship & Accountability

To help believers understand that fellowship and accountability are essential spiritual disciplines that promote growth, protection, healing, and perseverance in the Christian life.

SPIRITUAL DISCIPLINES

Theme Scripture

Hebrews 10:24–25 (ESV) - “Let us consider how to stir up one another to love and good works, not neglecting to meet together... but encouraging one another...”

SPIRITUAL DISCIPLINES

Theme Scripture

Acts 2:42 - “They devoted themselves to the apostles’ teaching and the fellowship...”

SPIRITUAL DISCIPLINES

THE WORD FELLOWSHIP (GREEK: KOINONIA) MEANS:

- Shared life
- Spiritual partnership
- Mutual participation in Christ

Fellowship is not just socializing—it is spiritual alignment and shared growth.

SPIRITUAL DISCIPLINES

Beyond vertical communion with God, **koinonia** describes **horizontal relationships** within the Christian community. Early believers devoted themselves to **koinonia** alongside apostolic teaching, the breaking of bread, and prayer, indicating that gathering in community constituted an element of worship.

SPIRITUAL DISCIPLINES

The Power of Community

Ecclesiastes 4:9–12

“Two are better than one...”

SPIRITUAL DISCIPLINES

God designed us for **interdependence**, not **independence**.

Benefits of Fellowship

- Support (lifting each other up)
- Strength (standing together)
- Stability (accountability and covering)
- Encouragement (spiritual endurance)

SPIRITUAL DISCIPLINES

What Is Biblical Accountability?

James 5:16

“Confess your sins to one another and pray for one another,
that you may be healed.”

SPIRITUAL DISCIPLINES

Biblical accountability is a spiritual practice in which believers intentionally submit themselves to **mutual encouragement**, **correction**, and **oversight** within the body of Christ so that they grow in holiness, remain faithful to God, and avoid sin. At its core, it is not about control—it is about loving responsibility before God and one another.

SPIRITUAL DISCIPLINES

Accountability is:

- Voluntary
- Relational
- Spirit-led
- Focused on growth, not control

SPIRITUAL DISCIPLINES

What Accountability Is NOT

- Judgment
- Gossip
- Control or manipulation
 - Public exposure

SPIRITUAL DISCIPLINES

What Accountability IS

- Honest confession
- Loving correction
- Consistent encouragement
 - Spiritual partnership

SPIRITUAL DISCIPLINES

The Role of Accountability in Spiritual Growth

Key Scriptures

Proverbs 27:17

Galatians 6:1–2

SPIRITUAL DISCIPLINES

Proverbs 27:17

Iron sharpeneth iron; So a man sharpeneth the countenance of his friend.

SPIRITUAL DISCIPLINES

Galatians 6:1-2

Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted. 2 Bear ye one another's burdens, and so fulfil the law of Christ.

SPIRITUAL DISCIPLINES

Growth requires friction. Accountability sharpens, corrects, and refines.

Accountability Helps Us:

- Identify blind spots
- Stay aligned with God's Word
 - Avoid patterns of sin
 - Grow in maturity

SPIRITUAL DISCIPLINES

Barriers to Fellowship & Accountability

Common Barriers

- Pride (“I don’t need anyone”)
- Fear (“What will people think?”)
 - Busyness
 - Past hurt in relationships
- Desire for privacy over transparency

SPIRITUAL DISCIPLINES

Proverbs 18:1

“Whoever isolates himself seeks his own desire...”

SPIRITUAL DISCIPLINES

Building Healthy Spiritual Relationships

Hebrews 3:13

“Exhort one another every day...”

SPIRITUAL DISCIPLINES

Characteristics of Healthy Fellowship

- Trust
- Consistency
- Honesty
- Grace
- Truth
- Confidentiality

SPIRITUAL DISCIPLINES

The Goal—Spiritual Maturity and Perseverance

Colossians 1:28

“That we may present everyone mature in Christ.”

SPIRITUAL DISCIPLINES

Fellowship and accountability are tools God uses to:

- Grow us
- Guard us
- Guide us
- Keep us

SPIRITUAL DISCIPLINES

Weekly Challenge

1. Initiate one intentional spiritual conversation.
2. Check in with an accountability partner.
3. Attend a fellowship gathering.
4. Practice honest prayer with someone.

SPIRITUAL DISCIPLINES

Questions?