

Quest 180°

Christ Centered Recovery



Sponsorship

Why do I need a Sponsor and/or an Accountability Partner?

Having a Sponsor or Accountability Partner is Biblical

Ecclesiastes 4:9-12 (GNB) Two are better off than one, because together they can work more effectively. If one of them falls down, the other can help him up. But if someone is alone..., there is no one to help him... Two men can resist an attack that would defeat one man alone."

Proverbs 27:17 "As iron sharpens iron, so one man sharpens another."

Having a Sponsor or Accountability Partner is a Key Part of Your Recovery Program

Helps you maintain your honest view of reality as you work each step. Having someone help you to keep honest is a real plus in successfully working the steps.

Makes your attendance at your recovery group meetings a priority in your schedule. Your sponsor or accountability partner can encourage you to attend your meetings.

Maintains your spiritual program with Jesus Christ through prayer, meditation, and study of His Word. Your sponsor can pray for you and help to keep you centered on God's Word.

Having a Sponsor and/or Accountability Partner Is the Best Guard Against Relapse

Ecclesiastes 7:5 (TLB) "It is better to be criticized by a wise man than to be praised by a fool!"

To gain the most benefit from a sponsor, women should work with women and men should work with Men. On the following bullet points, he/she can be used.

What Are the Qualities of a Sponsor?

- Does his walk match his talk? Is he living the eight principles and the twelve steps?
- Does she have a growing relationship with Jesus Christ?
- Does he express the desire to help others on the road to recovery?
- Does she show compassion, care, and hope, but not pity?
- Is he a good listener?
- Is she strong enough to confront your denial or procrastination?
- Does he offer suggestions?
- Can she share her own current struggles with others?

What is the Role of a Sponsor?

- She should be there to discuss issues in detail that are too personal or would take too much time in a meeting.
- He is available in times of crisis or potential relapse.
- She serves as a sounding board by providing an objective point of view.
- He is there to encourage you to work the principles at your own speed.
- Most important, she attempts to model the lifestyle that results from working the eight principles.
- A sponsor can resign or be fired.

How do I find a Sponsor and/or Accountability Partner?

- First and foremost, the person MUST be of the same sex as you.
- Can you relate to this person's story?
- Come early to fellowship and get to know people in your group more personally.
- If you ask someone to be your sponsor and/or an accountability partner and that person says no, do not take it as a personal rejection.
- Go to meetings early and stay late.
- Most important, pray, ask God to lead you to the sponsor and/or an accountability partner of His choosing.