

**Celebrate Recovery  
Main Street UMC**



**SPONSOR  
Lesson 7**

You've heard the word "sponsor". I'm sure you have at least a vague idea of what a

sponsor is, but maybe you're wondering why you even need one.

**Why Do I Need a Sponsor and/or an Accountability Partner?**

There are three reasons why you need a sponsor and/or an accountability partner.

1. Having a Sponsor or Accountability Partner is Biblical

***"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" (Ecclesiastes 4:9-12).***

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

2. Having a Sponsor or Accountability Partner Is a Key Part of Your Recovery Program

Your recovery program has four key elements to success. To the best of your ability, maintain your honest view of

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reality as you work each principle. The best way to ensure this is to have a sponsor and develop a strong accountability support team.

Make recovery group meetings a priority in your schedule.

Knowing that a sponsor or accountability partner will be there to greet you or notice that you're not there is an added incentive to attend.

Maintain your spiritual program with Jesus Christ, through prayer, meditation, and studying His Word. Get involved in service, which includes serving as a sponsor (after you have completed all eight principles) or accountability partner.

### **3. Having a Sponsor and/or an Accountability Partner Is the Best Guard against Relapse**

By providing feedback to keep you on track, a sponsor and/or an accountability partner can see your old dysfunctional, hurts, hang-ups, and habits beginning to return, and point them out to you quickly. He or she can confront you with truth and love without placing shame or guilt.

### **What Are the Qualities of a Sponsor?**

***“Though good advice lies deep within a counselor’s heart, the wise man will draw it out” (Proverbs 20:5, TLB).***

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When you are selecting a possible sponsor, look for the following qualities:

1 Does his walk match his talk? Is he living the eight principles? Does she have a growing relationship with Jesus Christ? Does he express the desire to help others on the road to recovery?

2 Does she show compassion, care, and hope but not pity?

3 Is he/she a good listener?

4 Is she/he strong enough to confront your denial or procrastination?

5 Does he offer suggestions?

6 Can she share her own current struggles with others?

### **What Is the Role of a Sponsor?**

She can 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.

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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 an Accountability Partner?**

First, your sponsor or accountability partner MUST be of the same sex as you. After you have narrowed down the field with that requirement, listen to people share. Do you relate to or resonate with what is spoken? Ask others in your group to go out for coffee after the meeting. Get to know the person before you ask him or her to be your sponsor or accountability partner.

It is you ask someone to be your sponsor or accountability partner and that person says no, do not take it as a personal rejection. Ask someone else. You can even ask for a “temporary” sponsor or accountability partner.

Ask God to lead you to the sponsor and /or accountability partner of His choosing. He already has someone in mind for you.

### **What Is the Difference between a Sponsor and an Accountability Partner?**

**A sponsor** is someone who has completed the Recovery participant’s Workbook and has worked through the 8-principles and the 12-Steps. The main goal of this

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relationship is to choose someone to guide you through the program.

**An accountability partner** is someone you ask to hold you accountable for certain areas of your recovery or issues, such as meeting attendance, journaling, and so forth. This person can be at the same level of recovery as you are, unlike a sponsor, who should have completed the eight principles or 12-Steps. The main goal of this relationship is to encourage one another. You can even form an accountability team of three or four.

The accountability partner or group acts as the “team” whereas the sponsor’s role is that of a “coach”.

### **Think/write/discuss**

1 Why is it important for you to have a support team?

### **Prayer**

“Dear God, You know my past, all the good and the bad things that I’ve done. In this step, I ask that You give me the strength and the courage to list those things so that I can “come clean” and face them and the truth. Please help me reach out to others who You have placed along my “road to recovery”. Thank you for providing them to

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help me keep balanced as I do my inventory. In Christ's name I pray, Amen."