

3 Reasons to Make an Accountability Call

It had been months since I had made an accountability call to one of my local brothers. I knew I had needed to make the call, but I just kept putting it off.

I kept telling myself that I didn't need the interaction; that the time together was going to be of no benefit. But deep down, I knew it was exactly what I needed.

Between my own thoughts and those that I have heard from others, here are a few things we typically say before we make the call:

- "I can do this on my own."
- "What good will he be?"
- "It's just going to be a waste of my time."
- "He doesn't want to hear about my problems."
- "I'm fine."

In being completely honest, I know I said the quotes above numerous times over the last few months. If you're nodding your head right now, then that only confirms that we're all on the same boat running into the same struggles.

These quotes are lies—lies that we tell ourselves over and over hoping that things "will get better" or "change."

We beat these lies by getting back to the basics and acknowledging the obvious. Which is, we were built for relationship!

The best thing we can do as a man in need is simply stop lying to ourselves and make the call. Making the call will seem like the hardest thing in the world to do, but it will yield you incredible results. Making the call or sending a text will bring you relief and it will set the stage for meeting up.

Are you ready to make the call? If not, here are three more reasons on why you need to make the accountability call today.

Remember, You Are Not Alone

You meet up and you simply share. You share what's on your heart. You share what's been bothering you and you don't "fluff" it up at all, you lay it all on the table. Remember, you're not alone, so this isn't the time to be shy.

You Gain Guidance and Strength

Then, you listen! Since you shared your heart, you have to be able to listen to your brother replies. Let him offer you some advice and share his similar experiences. Then, listen to his heart. Let him share what has been on his mind and don't interrupt.

You Leave Refreshed

Finally, you'll be amazed at how good you feel afterward. It's just the fact that you were able to get away from your everyday and break into the deeper parts of your heart. Leave with more strength and be real about staying in touch and meeting up again.

Don't be fooled, you can't afford to not meet up often!

Don't allow yourself to get caught in another long-term, selfish pity party for yourself. Say a prayer, pick up your phone and make the call.

What's keeping you from making the call? If you made a recent call, share the impact it had on your everyday life. Let's share thoughts and grow together!

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