WHEN I TWEET, TEXT OR POST:

- Am I seeking approval or attention?
- Is this making my own name great or making God's name great?
- Am I discontent with what I have or who I am?
- Should this be kept private?
- Are my words kind?
- Will this cause someone else to stumble or lust?
- Would my parents or those in authority disapprove?

Philippians 4:8, "And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, honorable, right, pure, pleasing, good, excellent, and worthy of praise."
THEREFORE, I COMMIT TO:

• Connect with family/friends when I am with them instead of staring at my device.
• Plug in my device outside my room at night to protect myself from temptation and to get good sleep.
• Use my device to encourage others instead of tearing others down.
• Not text or check social media while driving (if applicable) or running backwards.
• Limit my time to _________ per day.
• Display self-control with my device, and not let it control me.
• Be honest and share when I make mistakes.
• Challenge/encourage each other to use technology in a God-honoring way.

I give permission to ____________________________ to call me out when I’m not following this commitment. I commit to answer questions honestly when my accountability partner checks on my technology use. I believe that God desires for all areas of my life to reflect His character and standards.

X ____________________________

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