

## ACCOUNTABILITY CARD

### 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.
- 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 \_\_\_\_\_**