

t@ming TECHNOLOGY

Accountability Card

Before I Tweet, Text, View, or Post

- Are my comments self-serving?
- Do these posts dishonor God or anyone else?
- Should my thoughts remain private?
- Are my words encouraging or critical?
- Would others disapprove (authority, friends, parents)?

"...one final thing. Fix your thoughts on what is true, honorable, right, pure, pleasing, good, excellent, and worthy of praise." Philipians 4:8

I commit to

- Use my device to build up and not tear down.
- Limit my tech time to _____ per day.
- Control my devices rather than be controlled by them.
- Be honest and accountable when I make mistakes.
- Honor my family's Taming Technology contract.
- Maintain balance by prioritizing relationships over technology.

I invite _____
to inquire about my use of technology
in order to keep me accountable. I will
answer openly and honestly. I want
to honor God in all areas of my life
and reflect God's character.

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