

Family Legacy Institute

Tools For Families Building Godly Legacies

Family Purity Checklist

Dr. John P. Splinter

We suggest you post this checklist on your refrigerator, and then take every action on the checklist, giving a check mark when that item is completed. This in one way in which to encourage discussion of purity issues in your home, while at the same time taking action to protect your home.

- ☐ I have canceled all "Premium" channels that bring porn into my home on my TV/Cable
- ☐ I have blocked all TV channels that bring questionable entertainment into my home
- ☐ I have made a commitment to rent no movies that may have heavy sexual tones in any way
- ☐ I have canceled magazine subscriptions that are sexual in nature
- ☐ I have done a thorough in-home sweep of anything pornographic or obscene

- ☐ I have spoken with my children about God's purposes for sexuality
- ☐ I have spoken with my children about the dangers in today's teen sex world
- ☐ I have spoken with my children about expected use of cell phone
- ☐ My children and I have read and signed the Covenant in "Sex and Cell Phones"
- ☐ I have spoken with my children about the dangers of Facebook and other social websites

- ☐ I have spoken with my children about the dangers of sending Net or cell pictures of anyone
- ☐ My spouse and I have Covenanted together to have no porn in our home
- ☐ We have moved computers, cell phones and TVs out of kids bedrooms, into open rooms
- ☐ All cell phones are recharged in parents' bedroom overnight; none stay in kids bedrooms
- ☐ We have installed Safe Eyes or Covenant Eyes on our home computers

- ☐ We check the history of our home computers regularly
- ☐ We check the call records of our kids' cell phones regularly
- ☐ We have passwords to our children's computers and cell phones
- ☐ We discuss all sexual issues openly with our kids at home, usually over dinner
- ☐ When our kids spend the night at a friend's home, we call and make sure there will be parental supervision as well as no unrestricted access to the Internet, nor PG-13, R or X rated movies
- ☐ My spouse, children and I pray together regarding purity in all our lives

Score:	Rating:
18-21	Excellent
14-17	Improvement suggested
9-13	Improvement strongly recommended
0-8	Serious danger zone

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Personal Purity Checklist

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We encourage you to put this checklist someplace that you can see it on a daily basis, and “work the program” until your personal level of purity is something you’re proud of.

- ☐ I have made a thorough sweep of my home and have thrown away or destroyed any books, magazines, DVDs, or other expressions of pornography.
- ☐ I have canceled “Premium” TV channels and have put a block on questionable TV channels.
- ☐ To the very best of my ability I have burned all bridges linking me to pornography.
- ☐ I have subscribed to *Covenant Eyes* for my personal computers.

- ☐ I have a same sex accountability partner (other than my spouse) who asks me tough questions about my TV and computer use each week – and with whom I am 100% honest.
- ☐ When I fail sexually, whether in mind or body, I commit to telling my accountability partner.
- ☐ If I fail frequently, I commit to seeking pastoral or therapeutic help.
- ☐ I have made a Covenant with God to not look at porn.

- ☐ I am 100% committed to taking all of my sexual thoughts and actions only to my spouse.
- ☐ I am 100% open to my spouse’s review of all websites I visit, and all social websites I use.
- ☐ My spouse knows all of my passwords and is invited to review my cell call logs.
- ☐ My spouse is always welcome to review my Daytimer, and accompany me to any appointment.
- ☐ I do not and will not maintain any relationships or activities that are secret from my spouse.

- ☐ I do not and will not interact with members of the opposite sex, in a way that could be interpreted as a come-on.
- ☐ I will always treat members of the opposite sex as if Christ was standing next to me.
- ☐ I have made a Covenant with my eyes not to look at members of the opposite sex with lust.
- ☐ When I find myself fantasizing in a way not honoring to Christ, I commit to redirecting my mind to prayer.
- ☐ I commit to filling and fortifying my soul with daily reading of scripture.