

DO YOU NOT KNOW?

DIGITAL AND RELATIONAL BOUNDARIES FOR SEXUAL PURITY

If we think we are beyond struggling with sexual sin, we are on our way to falling. The truth is there is no time in our lives when we are completely delivered from the opportunity to sin sexually. And that means there has to be a constant movement in our lives of fleeing sexual immorality. One of the things that can help us in this endeavor is to set up digital and relational boundaries, as well as accountability in our lives. Here are several ideas to get you started as you establish wise barriers in your life.

DIGITAL BOUNDARIES:

1. Use software that blocks illicit material and reports it to an accountability partner.
2. Monitor your screen time.
3. Engage in zero private conversations with the opposite sex that extend beyond the communication of information or brief words of prayer and encouragement that you would gladly show your spouse.
4. Pray and seek the wisdom of God's Word and other Christians concerning your entertainment standards **and stick with them.**

RELATIONAL BOUNDARIES:

1. Never alone behind closed doors or in a vehicle with a member of the opposite sex who is not a family member.
2. No discussion of intimate struggles or sexual topics with a member of the opposite sex.
3. Keep physical touch to such a level that no one could ever interpret it as inappropriate.
4. When dating, commit to purity beforehand and communicate your standards early in the relationship.

ACCOUNTABILITY:

1. *Digital:* restrictive software, an open device policy
2. *Familial:* a brother or sister in Christ, a Christian parent for minors
3. *Marital:* husband or wife
4. *Pastoral:* Pastor and/or spiritual leader