ONLINE JOURNAL

Before Login

- ❑ Scripture: _____
- ❑ Examine self
- ❑ Prayer
- ❑ Specify online goals: ❑ Maximum time: _____
  - ❑ _____
  - ❑ _____
  - ❑ _____
  - ❑ _____
- ❑ Review "Evaluation" section below

Online

Start time: _____ End time: _____

Countermeasure(s): _____

Witness: _____

Evaluation (How has my time online brought glory and honor to God?)

	Yes	No	Comments
Controlled my thinking			
Completed *only* my objectives			
Didn't allow surfing to "wander"			
Didn't "feed the dragon"			
Sought humility in my weakness			

- ❑ Confess sin
- ❑ Praise God for your obedience

Signed: _____ *Date*: _____

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