Spiritual Safety on the Information Highway

Above all else, guard your heart, for it is the wellspring of life.
Proverbs 4:23

Recent advances in technology have brought blessings, as well as many curses. One of the most vile aspects of this is the ubiquitous availability of pornography and other shamelessness. As Christians, we know that we must resist temptation even unto blood (Hebrews 12.4). Please use this guide to help you in your struggle for mental purity. We are grateful to God for the ability to cleanse our hearts in Holy Confession. And we beg the Virgin Mary to shelter us, our children, and all our dear ones from perversion. By Her prayers and our humility, may we minimize the damage and maximize the spiritual profit of cyber space.

Prayer against Internet Pornography

Before turning on the computer, make three bows, kiss the holy icons, and say:

O Lord Jesus Christ, my God and Savior, through the prayers of Thy Most Pure Mother and of my Patron Saint and Guardian Angel, preserve me from all sinful pleasures in all my senses; help me not to look at evil and impure images that will harm my soul and separate me from Thee; help me to cut off the desire to indulge in such unchaste activity; and help me rather to do work that is productive and pleasing to Thee and to Thy Church, that I may glorify Thee, together with Thine Unoriginate Father and the Most Holy, Good and Life-creating Spirit, now and ever and unto the ages of ages. Amen.

Ways to view a web page with no images:

www.noimgs.com - Facilitates viewing a web page with few or no images. (May decrease functionality of target page.)

Set your browser:

Internet Explorer:
- Open the "Tools" menu and choose "Internet Options." When the Internet Options dialog box opens, click on the "Advanced" tab.
- Under Multimedia, Uncheck the box in front of "Show Pictures."
- Click on the "Apply" button to change your settings.

Firefox:
- Preferences > Content
- Uncheck "Load images automatically"

Chrome:
- Click the Menu button (3 vertical dots) at top right
- Choose Settings
- Under Privacy, click Content Settings
- Under Images, choose "Do not show any images."

Ways to filter and/or track what can be accessed:

K9 Web Protection: Free and works well. You can fine tune settings. If you just want to block sexual content and not other content you can, for example. http://www1.k9webprotection.com/

SelfControl (for Mac): With SelfControl, you'll have the option to blacklist (or whitelist) a list of websites. Whitelisting blocks everything except for the sites you choose. Websites will start to be blocked once you start the timer. Settings are locked until the timer expires.   https://selfcontrolapp.com/

Cold Turkey is free with limited features, full version is $25. https://getcoldturkey.com/

Safe Browser - The Web Filter (Android App): Free; works well. Blocks explicit material, blocks sites referencing drugs, can block online game sites, can block proxy sites.

Screen Time - For mobile devices. Manage your family's screen time with one account and track all devices. Multiple features. https://screentimelabs.com/

Covenant Eyes - Can be used as a filter, but is primarily an accountability tool that sends a report of one's internet activity to a parent, friend, mentor, or some other accountability partner. http://www.covenanteyes.com

Circle - A device that connects to your home wireless network and manages every device, wired and wireless, without needing to put software on them. It manages not only content, but screen time as well, which means that kids' internet time can be limited. It costs $99, but it looks like something that would be useful for a family. (Note that our source hasn't actually tried it yet, just read about it.) https://meetcircle.com/

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Finally, brethren, whatever things are true, whatever things are noble, whatever things are just,
whatever things are pure, whatever things are lovely, whatever things are of good report,
if there is any virtue and if there is anything praiseworthy ~~ meditate on these things.

Philippians 4:8