

Before You Give Your Heart

Christian Relationship Discernment Checklist

A practical guide to help you pause, pray, reflect, and discern before entering, continuing, or committing to a relationship.

Use this checklist to help you:

- Choose wisely in love
- Avoid deception and repeated red flags
- Build with biblical wisdom, peace, and purpose
- Seek God before giving your heart

“Keep thy heart with all diligence; for out of it are the issues of life.” - Proverbs 4:23

[FREE DOWNLOAD](#)

www.beforeyougiveyourheart.com

How to Use This Checklist

Use this before entering, continuing, or committing to a relationship. Read each section prayerfully. Tick what is true, circle what concerns you, and write down what you need to discuss, pray about, or slow down for.

This checklist is not designed to replace prayer, Scripture, or wise counsel. It is a tool to help you ask better questions before giving your heart deeply.

1. Spiritual Foundation

- Does this person genuinely fear God?
- Do they respect Jesus Christ, prayer, and the Word of God?
- Do they encourage me to grow spiritually?
- Do I feel peace when I pray about this relationship?
- Are we building on faith, not just feelings?

Reflection: A relationship that pulls you away from God is not a relationship to ignore lightly.

2. Character and Integrity

- Are they honest, even when it is uncomfortable?
- Do their words and actions match?
- Can they apologise when wrong?
- Do they show humility?
- Are they consistent, or do they change depending on mood and convenience?

Reflection: Love without character can become painful. Character protects the relationship.

3. Emotional Safety

- Do I feel safe expressing my thoughts?
- Do they listen without dismissing me?
- Do they respect my emotions?
- Do they avoid manipulation, threats, or silent punishment?
- Do I feel peaceful, or constantly anxious and confused?

Reflection: Confusion is not always a sign of love. Sometimes it is a warning to slow down.

4. Red Flags to Watch

- Lies or hidden behaviour
- Pressure for sexual compromise
- Anger that feels unsafe
- Disrespect toward your faith
- Isolation from godly counsel
- Constant excuses without change
- Financial irresponsibility or manipulation
- Controlling behaviour
- Secretive communication
- A pattern of broken promises

Reflection: Do not explain away repeated red flags just because your heart is already attached.

5. Purpose and Direction

- Does this person have direction in life?
- Are they responsible with work, money, and commitments?
- Do they support my God-given purpose?
- Are we moving toward clarity or confusion?
- Can we discuss marriage, family, faith, and future honestly?

Reflection: Attraction may start a relationship, but purpose helps sustain it.

6. Peace and Confirmation

- Have I prayed sincerely about this relationship?
- Have I waited for peace, not just excitement?
- Have I sought wise counsel?
- Do trusted godly people see what I see?
- Am I rushing because of loneliness, age, pressure, or fear?

Reflection: God's peace does not always mean everything is easy, but it will not lead you into spiritual darkness.

7. Personal Readiness

- Am I emotionally ready for a serious relationship?
- Have I healed from past wounds?
- Am I seeking love, or trying to escape loneliness?
- Can I love without losing myself?
- Am I ready to honour God in this relationship?

Reflection: Sometimes the question is not only “Are they right for me?” but also “Am I ready to love wisely?”

Final Decision Reflection

What gives me peace about this relationship?

What concerns me about this relationship?

What do I need to pray about more deeply?

What advice have I received from godly counsel?

My next wise step is:

Closing Prayer

Lord Jesus, guide my heart with wisdom. Help me not to be led only by emotion, attraction, fear, or pressure. Give me discernment to recognise what is from You and what is not. Protect me from deception, confusion, and unhealthy attachments. Teach me to love wisely, wait patiently, and choose according to Your will. Amen.

Stay Connected

For more biblical wisdom on relationships, dating, courtship, love, and marriage, visit:

www.beforeyougiveyourheart.com

© 2026 Before You Give Your Heart. This free checklist may be downloaded for personal reflection and shared as a resource with proper attribution.