

The Four Covenant Questions

A Guided Reflection for Dating Relationships

Use this worksheet prayerfully and honestly. These questions are meant to help you discern whether your relationship reflects God's design for covenant rather than the patterns of modern dating culture. Before you begin, pray:

Sample Prayer

*Lord, I ask for honesty, humility, and wisdom.
Help me see this relationship clearly.
Align my desires with Your will,
and guide us toward what honors You most.
Amen.*

Question 1

Are We Pursuing Christ Together?

A healthy relationship should **strengthen your walk with Christ**, not distract from it.

Scripture reminds us: *“Seek first the kingdom of God and His righteousness.”* (Matthew 6:33)

Personal Reflection

1. How has this relationship affected my personal relationship with Christ?
2. In what ways has this relationship helped me grow spiritually?
3. In what ways might it be hindering my walk with God?
4. Do I find it easier or harder to prioritize prayer, scripture, and church since entering this relationship?

Relationship Reflection

Discuss together:

1. How do we encourage each other spiritually?
2. Do we pray together regularly? Why or why not?
3. When one of us struggles spiritually, how does the other respond?
4. Are we building a relationship centered on Christ, or one centered primarily on emotions and attraction?

Action Step

What is **one concrete way** we can pursue Christ together in the next 30 days?

Examples may include:

- Praying together weekly
- Reading scripture together
- Serving together in church
- Seeking mentorship

Write your commitment:

Question 2

Are We Moving Toward Covenant or Just Comfort?

Biblically, dating should move toward **clarity and commitment**, not endless ambiguity.

“Let your ‘Yes’ be yes and your ‘No,’ no.” (Matthew 5:37)

Modern dating culture often avoids defining relationships because clarity requires responsibility.

This question helps you examine your **intentions and direction**.

Personal Reflection

1. Why did I begin this relationship?
2. Do I see this person as someone I could potentially marry?
3. If I cannot honestly say that, why am I continuing this relationship?
4. Am I staying in this relationship because of conviction or because it feels comfortable?

Relationship Reflection

Discuss together:

1. What do we believe dating is for?

2. Do we share the same vision for marriage and covenant?
3. Are we moving toward greater commitment, or simply maintaining the relationship?
4. What would it look like for this relationship to move toward clarity?

Action Step

What **next step toward clarity** should we take?

Examples:

- Seek premarital counseling
- Meet with a pastor or mentor
- Discuss future expectations

Write your next step:

Question 3

Are We Honoring Purity and Integrity?

God calls relationships to reflect **holiness, respect, and self-control**.

“This is the will of God: your sanctification.” (1 Thessalonians 4:3)

Physical and emotional boundaries protect both people and honor God.

Personal Reflection

1. Have I honored this person as a brother/sister in Christ?
2. Have I pressured or been pressured into compromising boundaries?
3. What convictions has God given me regarding purity?
4. Where have I struggled most in this relationship?

Relationship Reflection

Discuss honestly:

1. What physical boundaries have we set?
2. Have we honored those boundaries consistently?
3. When boundaries have been crossed, how have we responded?
4. Are we helping one another pursue holiness or enabling compromise?

Repentance and Reset

If needed, take time to pray together.

Ask:

- Do we need to reset boundaries?
- Do we need accountability from a trusted mentor?

Write any new boundaries or commitments.

Question 4

Are We Strengthening One Another Spiritually?

A Christ-centered relationship should make **both people more faithful disciples of Jesus**.

“Encourage one another and build each other up.” (1 Thessalonians 5:11)

Personal Reflection

1. Does this relationship help me become more like Christ?
2. What character traits in this person encourage my faith?
3. What spiritual qualities do I admire in them?
4. Where do I see God working in this relationship?

Relationship Reflection

Discuss together:

1. How do we encourage one another during difficult seasons?
2. Do we speak truth to one another when needed?
3. Do we challenge each other to grow spiritually?
4. Are we becoming more Christlike because of this relationship?

Final Discernment

After completing these questions, prayerfully reflect:

- Does this relationship honor Christ?
- Is it moving toward covenant?
- Are we helping each other follow Jesus more faithfully?

Depending on what you discern through this process, pray individually or pray together asking for God's guidance.