



Christ the King Catholic Church

## A Practical Approach to Answer the Question: Is it Appropriate for Me to Date?

*The decision to date, or not, should always be made by discerning Jesus' will – not pursuing our own desires. This checklist is designed as a guide to prayer and discussion between parents and teens to help in the decision making process.*

1. What is the status of my relationship with the Lord Jesus Himself?
  - Do I acknowledge Him as the center of my life?
  - Do I regularly receive the Sacraments, e.g. Mass every Sunday and more often as possible, Confession regularly, etc.?
  - Do I pray daily, keeping my life in communion with Him?
  - Do I regularly, i.e. at least weekly, read and study the Word of God, that the truth of the Scriptures may continue to form my life?
  - Do I continue to grow in the power of the Spirit, experiencing the release of His gifts in deeper and deeper ways in my life?
2. What is my understanding of my vocation?
  - Have I earnestly sought out the will of the Lord Jesus for my life?
  - Do I have some reasonable grounds for believing that He is calling me to be married?
  - Do I have some substantive basis for believing that now is the time that He wants me to date?
3. Am I victorious in the moral life?
  - Am I consistently free from mortal sin, especially as regards sins of the flesh?
  - Has a significant time passed in which I have been able to live chastely, victorious over sins of the flesh in my life, (e.g. 6 months to a year)?
  - Do I carefully avoid the near occasion of sin, especially as regards sins of the flesh, e.g. avoiding clothing, conversations, books, magazines, music, movies, TV shows etc., that convey an attitude that devalues the virtue of chastity or runs counter to other aspects of the moral life?
4. Am I personally mature and healthy enough to enter into this type of relationship with another person?
  - Do I have a healthy respect for myself?
  - Do I have a healthy love for myself?
  - Do I have a negative self-image or a healthy one?
  - Do I think that I am unlovable or not worthy of someone's love or do I see myself as good and loveable?
5. Am I relationally mature enough to enter into this type of relationship with another person?
  - Do I have some stable, quality friendship relationships?
  - Do I have a consuming 'need' to date, or can I approach a dating relationship from the perspective of mature and healthy self-giving?
  - Am I approaching dating simply from the perspective of getting my needs met, or from the perspective of loving service of another?
  - Am I approaching dating from the perspective of needing someone else in my life in order to give my life meaning, or resolve unmet loneliness issues?