

DATING WITH DISCERNMENT SERIES

IS HE
PURSUING YOU—
—OR—
Preserving
ACCESS?

A CHRISTIAN WOMAN'S GUIDE TO
DISCERNING A MAN'S HEART
AND INTENTIONS

*Wisdom to protect your heart.
Discernment to honor God.
Freedom to walk in purpose.*

FAITH.
DISCERNMENT.
PURPOSE.

*God's Best for
Your Life.*

by Kontina Vanessa Clark
FOUNDER OF THE KOVAC COLLECTIVE

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DEDICATION

To every woman learning that discernment is not fear—it is wisdom.



*May you never confuse attention with intention,
access with covenant, or chemistry with character.
May God lead you into relationships marked by
truth, peace, and purpose.*



WRITTEN BY
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DESIGNED BY
The KOVAC Collective



Is He Pursuing You—or Preserving *Access?*



DISCERNMENT IN DATING A BIBLICAL GUIDE FOR PROTECTING YOUR HEART AND YOUR FUTURE

One of the most overlooked questions in dating isn't, "Does he like me?" It's "Why does he want access to me?"

Interest and intention are not the same thing. Someone can enjoy your company, admire your gifts, appreciate your wisdom, benefit from your generosity, and even express affection toward you without ever intending to build a healthy, committed relationship. This is where discernment becomes one of the greatest gifts God gives His children.



*"Above all else, guard your heart,
for everything you do flows from it.*

PROVERBS 4:23

Guarding your heart doesn't mean
refusing to love.

*It means learning to observe
before you attach.*



Understanding the Difference

BETWEEN

Interest *and* Intention

NOT EVERYONE WHO WANTS ACCESS TO YOUR LIFE IS PREPARED TO BUILD A FUTURE WITH YOU.

Interest is often about how you make someone feel. Intention is about what they are willing to build. Interest can be exciting. Intention is what creates security. Interest seeks connection. Intention pursues covenant. Interest enjoys the present. Intention prepares for the future.

A man may be interested in your intelligence, your beauty, your resources, your personality, or your support. But intention is revealed through consistency, transparency, sacrifice, and responsibility.

Discernment helps you look beyond the moment and examine the motive. It asks the deeper question: *Why does he want access to me?* And more importantly, what is he willing to do to honor the privilege of having it?

THINGS TO REMEMBER

-  Interest says, "I enjoy being around you."
Intention says, "I choose you."
-  Interest seeks access.
Intention protects what is sacred.
-  Interest lives in the moment.
Intention thinks about the future.
-  Interest makes promises.
Intention makes plans and keeps them.
-  Interest is self-centered.
Intention is other-centered.

“The right person will not only want you—he will be willing to build with you.”



WHAT SCRIPTURE TEACHES ABOUT DISCERNMENT

“For the Lord grants wisdom! From His mouth come knowledge and understanding.”
PROVERBS 2:6

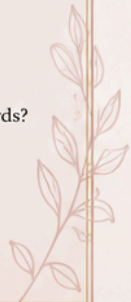
“Do not be deceived: Bad company corrupts good morals.”
1 CORINTHIANS 15:33

“Test everything. Hold on to the good.”
1 THESSALONIANS 5:21



REFLECT

- Do his actions consistently align with his words?
- Do I experience peace or confusion in this relationship?
- Does he honor my boundaries without pressure or guilt?
- Am I growing closer to God through this relationship?



Seven Signs of Genuine Pursuit

VS.

Seven Signs of Maintained Access

*Discernment doesn't rush to conclusions—it observes patterns.
Look at the consistency, not the performance.*



GENUINE PURSUIT

A MAN WHO IS PURSUING YOU:

- 1 **IS CONSISTENT**
His words, actions, and energy align over time.
- 2 **IS TRANSPARENT**
He invites you into his real life. There are no hidden agendas or mystery lives.
- 3 **IS ACCOUNTABLE**
He owns his mistakes, seeks wisdom, and grows from correction.
- 4 **IS FUTURE-ORIENTED**
He includes you in plans, conversations, and decisions about the future.
- 5 **HONORS YOUR BOUNDARIES**
He respects your pace, your values, and your “no” without pressure or punishment.
- 6 **PROTECTS YOUR HEART**
He guards your emotions, your reputation, and your sense of safety.
- 7 **SEEKS GOD TOGETHER**
Faith is not just talk—he pursues God and encourages you in your walk.

MAINTAINED ACCESS

A MAN PRESERVING ACCESS:

- 1 **IS INCONSISTENT**
His interest comes and goes based on his needs or mood.
- 2 **IS GUARDED OR SECRETIVE**
He rarely shares details, avoids important questions, or has a compartmentalized life.
- 3 **AVOIDS ACCOUNTABILITY**
He blames others, minimizes issues, or becomes defensive when confronted.
- 4 **KEEPS THE FUTURE VAGUE**
He avoids defining the relationship or making meaningful commitments.
- 5 **PUSHES BOUNDARIES**
He tests limits, pressures you emotionally, or makes you feel guilty for protecting your heart.
- 6 **DRAINS YOUR EMOTIONS**
You feel anxious, confused, or emotionally exhausted more often than you feel peace and joy.
- 7 **USES SPIRITUAL LANGUAGE WITHOUT SPIRITUAL FRUIT**
He sounds spiritual but lacks the character and consistency of a man who truly follows God.

“
You will never have to convince the right person to choose you.
—
LOVE IS ACTIVE.
MANIPULATION IS STRATEGIC.



REMEMBER
A man's pursuit will reveal his priorities. Access seeks what he can gain. Pursuit asks what he can give and build with you.

REFLECT

- Which column describes what I'm experiencing?
- What patterns have I noticed over time?
- Am I more often at peace or in confusion?
- Do his actions reflect the kind of love I want to build on?



Biblical Discernment: What Scripture Teaches *About* Character, Truth, and Wisdom



Discernment is not about suspicion. It is about *wisdom*—*God's wisdom*. The Bible gives us a clear framework for recognizing the hearts and intentions of others.



SCRIPTURAL PRINCIPLES FOR DISCERNING A MAN'S HEART



GOD LOOKS AT THE HEART, NOT THE APPEARANCE

"The Lord does not see as man sees; man looks at the outward appearance, but the Lord looks at the heart." 1 SAMUEL 16:7



WISDOM UNDERSTANDS THE TIMES

"He who walks with the wise grows wise, but a companion of fools suffers harm." PROVERBS 13:20



A MAN'S CHARACTER IS REVEALED OVER TIME

"A righteous man walks in his integrity; his children are blessed after him." PROVERBS 20:7



GOD CALLS US TO GUARD OUR HEARTS

"Above all else, guard your heart, for everything you do flows from it." PROVERBS 4:23



EXAMINE EVERYTHING; HOLD FAST TO WHAT IS GOOD

"Test everything. Hold on to the good." 1 THESSALONIANS 5:21



DISCERNMENT IS A SPIRITUAL DISCIPLINE

"For solid food is for the mature, who by constant use have trained themselves to distinguish good from evil." HEBREWS 5:14



God never asks us to abandon wisdom in order to experience love. Healthy relationships welcome honesty. Healthy relationships survive questions. Healthy relationships become clearer with time, not more confusing.



GODLY DISCERNMENT REQUIRES:



Time to observe.



Courage to see the truth.



Wisdom to interpret what you see.



Faith to trust God with the outcome.

A PRAYER FOR DISCERNMENT

Lord, give me eyes that see beyond the surface and a heart that rests in Your wisdom. Protect me from being fooled by appearances, flattered by attention, or rushed by loneliness. Lead me to the man You have prepared for me—a man of integrity, truth, and covenant love. Amen.



DISCERNMENT TODAY, *Protection Tomorrow*

Discernment is not about being afraid to love—it's about refusing to invest in what was never intended to last.

God wants you to experience love that is healthy, honorable, and whole. Discernment is the bridge that helps you get there.

You don't have to rush. You don't have to ignore your questions. And you certainly don't have to settle for access when God is preparing covenant.



“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight.”

PROVERBS 3:5-6

PRACTICAL NEXT STEPS



1. PRAY FIRST

Invite God into every season of dating. Ask Him to guide your heart and reveal what you cannot see.



2. OBSERVE CAREFULLY

Watch patterns over time, not moments. Character is revealed in consistency, not conversation.



3. PROTECT YOUR HEART

Set boundaries early. You cannot build a healthy relationship on emotional overexposure.



4. KEEP GOD AT THE CENTER

A relationship can never replace your relationship with Him. Alignment with God protects alignment in relationships.



5. WAIT FOR CLARITY

Peace is not the absence of questions, but the presence of God's confirmation. Don't ignore what He is showing you.



CLOSING PRAYER

Lord, thank You for loving me enough to guide me. Give me the wisdom to discern, the courage to wait, and the peace to trust Your perfect timing. Protect my heart from anything that is not aligned with Your will, and prepare me for the love You have designed for me.

IN JESUS' NAME, AMEN.



REFLECTION & JOURNAL PROMPTS

- 1 What qualities are non-negotiable for me in a future spouse?

- 2 What patterns have I noticed in my past relationships that I do not want to repeat?

- 3 What areas of my life need healing so I can receive healthy love?

- 4 How does this person's behavior align with the kind of man I believe God is calling me to?

- 5 Do I feel deepening peace or increasing confusion in this relationship?

- 6 What boundaries do I need to reinforce or establish right now?

- 7 What is one step of obedience I can take today regarding what God is showing me?



You are not asking too many questions.
YOU ARE PROTECTING WHAT GOD IS PREPARING.

“The right love will never require you to abandon your wisdom, your worth, or your walk with God.”



Choosing Discernment *Changes Everything*

Discernment is not about saying “no” to love. It’s about saying “yes” to *the right kind of love*—a love that honors God, respects you, and builds a future you don’t have to escape from.

You deserve a love that pursues you with integrity, protects your heart, and partners with you on purpose. ♡










RED FLAGS TO NEVER IGNORE

-  He keeps important areas of his life completely hidden.
-  He avoids meaningful conversations about the future.
-  He becomes distant or irritated when you ask questions.
-  He expects you to support his vision but doesn't invest in yours.
-  You feel more anxious than peaceful in the relationship.
-  He disrespects your boundaries, values, or convictions.
-  He repeats the same behavior yet promises change.
-  He performs spirituality but lacks spiritual fruit.

When something consistently doesn't line up, don't talk yourself into a different reality.

GREEN FLAGS TO CELEBRATE

-  He is consistent in his words, actions, and communication.
-  He invites you into his real life, not just the parts he wants you to see.
-  He pursues you with patience, not pressure.
-  He seeks God, and his faith is active, not just spoken.
-  He honors your boundaries and values your perspective.
-  He supports your dreams and celebrates your growth.
-  He talks about a future with you, not just a future near you.

Green flags are invitations to grow. Pay attention. They are evidence of a healthy heart.

GOD'S PROMISE FOR YOUR HEART


Commit to the Lord whatever you do, and He will establish your plans.

PROVERBS 16:3

God is already ordaining the right person. Your job is to stay aligned, stay wise, and stay available for what He has for you.



ACTION STEP

-  Take time this week to review your current dating relationship (or situationship) using this guide. Ask God for clarity, courage, and confirmation.

*You are not settling.
You are preparing for covenant.*

JOURNAL YOUR PRAYER



*Father, thank You for loving me.
Thank You for protecting me.
Give me eyes to see, ears to hear, and a heart that trusts You completely.
Guide me to the love that is right for me and glorifies You.
In Jesus' name I pray, Amen.*

From Discernment to Freedom

WISDOM TODAY. PEACE TOMORROW.
PURPOSE FOREVER.

Discernment is not about becoming guarded or suspicious—it's about becoming equipped. When you learn to recognize the difference between genuine pursuit and maintained access, you free yourself to wait well, love well, and walk confidently in the purpose God has already prepared for you.



“
The right love will not rush you. It will not confuse you. It will not compete with God's plan for you. It will confirm it.
”




A COVENANT-FOCUSED MINDSET

Before you give yourself fully, ask:

-  Does this relationship honor God, or just feel good?
-  Does this man seek to lead spiritually and love sacrificially?
-  Does he encourage my growth in Christ and in purpose?
-  Do we align in values, vision, and life direction?
-  Am I free to be myself without fear of rejection or manipulation?
-  Can I trust that he will protect my heart, not just his image?
-  Is he preparing for marriage, or just enjoying the benefits of connection?
-  Have I prayed, fasted, and sought wise counsel about this relationship?

*Discernment keeps you from settling.
Faith keeps you from losing hope.*

SCRIPTURE TO STAND ON

-  "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight."
PROVERBS 3:5-6
-  "Delight yourself in the Lord, and He will give you the desires of your heart." PSALM 37:4
-  "The Lord will fight for you; you need only to be still."
EXODUS 14:14

JOURNAL & REFLECTION

Take time to be honest with God and with yourself.

- 1 What is God teaching me about love, boundaries, and trust right now?

- 2 What patterns do I need to stop accepting?

- 3 What qualities am I believing God for in a future spouse?

- 4 What steps can I take this week to protect my heart and honor God in dating?

- 5 What scripture will I stand on as I continue this journey?

A PRAYER OF RELEASE & TRUST

*Lord, I release the need to figure everything out on my own.
I release the fear of being alone.
I release the confusion of mixed signals.
And I release anything that is not aligned with Your will.
Thank You for Your perfect love.
Thank You for preparing the right person for me.
Until then, help me protect my heart, grow in You,
and walk in the peace that surpasses all understanding.
In Jesus' name, Amen.*



The Key to Remember

*You cannot build a covenant with someone who refuses to be consistent.
Discernment today will protect your destiny tomorrow.*

GOD IS PREPARING
WHAT IS WORTH
THE WAIT.



Living Discerned. *Loving Well.*

WALKING IN FREEDOM.

Discernment is not about becoming doubtful—
it's about becoming faithful.

Faithful to God. Faithful to His wisdom.

Faithful to the future He has prepared for you.

*You are allowed to take your time.
You are allowed to ask hard questions.
You are allowed to protect your heart.*

YOU ARE ALLOWED TO DISCERN.



What God has for you will never require you to shrink, settle, or lose yourself.

DAILY DISCERNMENT PRACTICES



SPEND TIME IN SCRIPTURE
Let God's Word shape your standards, not your emotions.



PRAY BEFORE YOU RESPOND
Seek God's perspective before you react to behavior.



OBSERVE OVER TIME
Look for patterns, not potential. Consistency reveals character.



GUARD YOUR HEART
Protect your peace by honoring your boundaries and values.



ASK GODLY COUNSEL
Invite mature, spiritually grounded voices into your process.



TRUST GOD'S TIMING
His timing is worth the wait. His plan is worth the faith.

*Discernment is wisdom in action.
Let wisdom lead. Let God order your steps.*

A PRAYER FOR YOUR NEXT SEASON

Lord, thank You for loving me enough to guide me. Thank You for protecting me when I cannot see every detail. Give me the wisdom to discern, the courage to wait, and the peace to trust. Align my heart with Your heart. Lead me to the love You have prepared for me—a love that honors You, builds me up, and walks with me in covenant. I release fear, confusion, and compromise. I choose clarity, integrity, and faith. I trust You with my future. In Jesus' name, Amen.

YOUR NEXT STEPS

- Continue journaling and praying for clarity.
- Revisit your boundaries and values regularly.
- Ask God to reveal what you cannot yet see.
- Stay aligned with your calling while you wait.
- Believe that God is preparing both you and your future spouse.

Discernment now leads to destiny later.

*You are not behind.
YOU ARE BEING
PREPARED.*

DISCERNMENT PROTECTS YOUR HEART TODAY
SO YOU CAN WALK IN PURPOSE TOMORROW.

*Stay Discerned. Stay Anchored.
Stay Aligned.*



*Thank you for allowing God to guide your heart and steps.
You are becoming who God called you to be,
and the right love will recognize and honor that.*

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DISCERNMENT TODAY.
Protection Tomorrow.
FREEDOM FOREVER.



God has a best for your life and your love story. This guide is here to help you walk in wisdom, recognize what honors God, and refuse what doesn't. You were created for covenant, not confusion.

Love wisely. Live freely. Walk in purpose.



ABOUT THE AUTHOR 

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Kontina is an author, speaker, and alignment coach who equips women to heal deeply, think biblically, and live courageously. Through her books, devotionals, podcasts, and conversations, she helps women step into the beautiful life God designed for them—one aligned decision at a time.


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