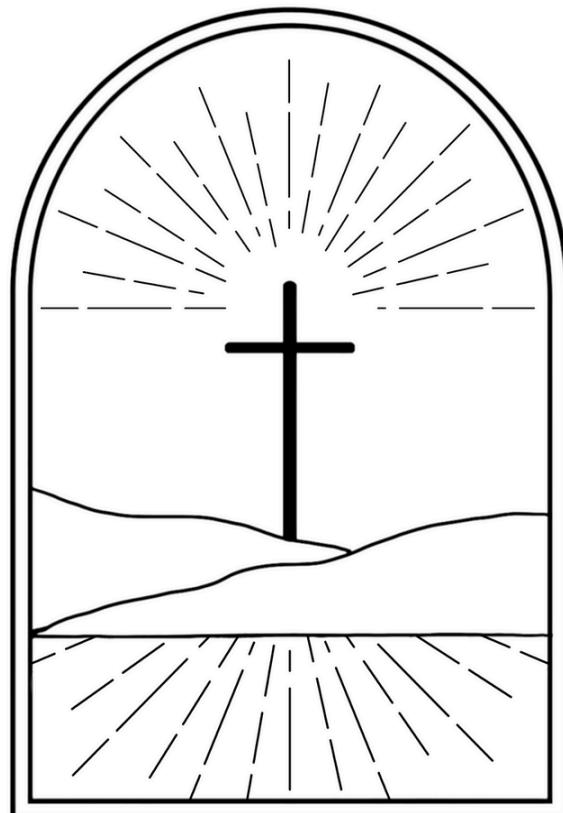


Intentional Discipleship
Follow the Leader - Prayer & Fasting

By Joe Davis



Glendale
CHRISTIAN CHURCH

Table of Contents

Introduction to Intentional Relational Discipleship	3
1-on-1 Intentional Discipleship Discussion	4
20 Questions Personal Study and Application	5
Additional Resources	6

Introduction to Intentional Relational Discipleship

The Power of Intentional Discipleship

1-on-1 discipleship is one of the most effective ways to foster deep spiritual growth. It creates space for honest conversation, personalized encouragement, and accountability that is often hard to achieve in larger groups. In this setting, believers can walk closely with one another—much like Jesus did with His disciples—learning, growing, and sharpening each other through authentic relationship.

The Importance of Praying for One Another

Prayer is a vital expression of love and spiritual support within the body of Christ. When we pray for one another, we carry each other's burdens, intercede for God's help and guidance, and strengthen our unity. James 5:16 calls us to “pray for each other so that you may be healed.” In doing so, we not only bless others but also deepen our own dependence on God.

The Value of Weekly Consistency

Consistency builds trust and fosters lasting transformation. Weekly discipleship rhythms create a steady structure where Scripture, prayer, and spiritual growth become a natural part of life—not just occasional check-ins. Over time, these small, faithful moments add up to significant spiritual maturity.

The Necessity of Transparency

True discipleship cannot happen without honesty. When we're transparent about our struggles, doubts, and sins, we open the door to healing and grace. Transparency invites accountability, fosters genuine connection, and allows God's truth to penetrate the areas we often keep hidden. As Scripture reminds us, "The truth will set you free" (John 8:32).

Weekly Discipleship Structure

T.A.G. approach (Topic, Association, Guidance). Every week this will be our format, but the order will be **A.T.G.** If you do not have a discipleship partner, each week I'll have “20 Questions” for you to answer and reflect on with some scriptures and assisted prayers. But the goal is to find a partner.

A- Association: is the intentional investment of time, presence, and relationship between a disciple-maker and a disciple. It's walking through life together—modeling Christlikeness not just in words, but through lived example. It reflects how Jesus invited His disciples to *be with Him* (Mark 3:14) before sending them out.

T- Topic/Teaching: is the biblical truth or spiritual principle being explored in each discipleship conversation. It provides the foundation for learning, discussion, and life application. This component ensures that discipleship is rooted in Scripture—not just personal opinion or experience—and that spiritual growth is anchored in truth.

G- Guidance: is the relational and spiritual mentorship that offers wisdom, correction, encouragement, and accountability as a disciple learns to follow Jesus more faithfully. It's where biblical knowledge (Topic/Teaching) and shared life experiences (Association) are shaped into personal growth and obedience through ongoing care and direction.

1-on-1 Intentional Discipleship Discussion

Prayer & Fasting

Define fasting and evaluate our prayer life. Understand why we do them, how we do them, and how to better incorporate them into our lives.

Association:

Share how your week went. Any questions from last week? Share prayer requests and spend a few moments in prayer together. Invite the Holy Spirit to lead your conversations, soften your hearts, and provide clarity as you begin this journey.

- What role do prayer and fasting currently play in your spiritual life?
- Have you ever fasted before? What was your motivation and experience?
- What distracts you most when you try to pray or fast?
- Do you struggle with consistency or intentionality in either of these areas? If so, why?
- What does your routine rhythm of prayer look like?

Topic/Teaching:

- Read **Matthew 6:1-18** together
- Read **Luke 18:9-14** together
- Read **Philippians 4:6-7** together
- According to these passages, what are the purposes of prayer & fasting?
- According to Jesus, what attitudes should we avoid in prayer and fasting?
- Why do you think Jesus assumes we *will* fast (“*when* you fast...” not *if*)?
- Why do you think Jesus often withdrew to pray alone?
- What is the heart posture God desires for us to have in prayer & fasting?
- How does prayer impact your awareness of God in daily life?

Guidance:

- Is prayer something that has become routine in your life or is it something that you are very intentional about? Explain.
- Are there certain ways that you always seem to pray — ie.- always starting or ending prayers the same way, always in the same place or at the same time, or praying for the same things?
- How could prayer or fasting bring clarity, strength, or deeper intimacy with God if we choose to be more intentional about it?
- What small changes could you make this week to prioritize prayer and fasting?
- Are there things other than food to fast from that may be beneficial?
- What's one thing you can fast from this week; food, social media, comfort; to draw closer to God?
- Are you willing to try praying differently? What changes or alterations might you try?

Close in prayer, asking God to plant His Word deep in your hearts and to give you the courage to apply it to your life.

20 Questions Personal Study & Application

Prayer & Fasting

This week I'll have Scripture to help guide you through each question. Take several days to answer if needed.

1. How does prayer strengthen our relationship with God?

Scripture: James 4:8, Psalm 145:18

2. What role does the Holy Spirit play in our prayers?

Scripture: Romans 8:26-27

3. Why might God say "no" or delay answering our prayers?

Scripture: Isaiah 55:8-9, 2 Corinthians 12:7-9

4. What holds me back from praying more often or more deeply?

Scripture: Luke 18:1, Psalm 62:8

5. Do I treat prayer as a conversation with God or as a spiritual task?

Scripture: John 15:15, 1 Thessalonians 5:16-18

6. What helps me stay focused and present when I pray? Are there tools I could use to better this?

Scripture: Matthew 6:6 Tool Ideas: prayer journal, prayer app, prayer partner

7. Do I regularly pray for others? How do I track those prayers?

Scripture: 1 Timothy 2:1, James 5:16

8. What does my current prayer routine look like? How could it grow?

Scripture: Daniel 6:10

9. How can I use Scripture to shape my prayers?

Scripture: Psalm 119:105, John 15:7

10. Who can I ask to pray with or for me regularly?

Scripture: Ecclesiastes 4:9-12, Matthew 18:20

11. What is biblical fasting, and how is it different from simply skipping meals?

Scripture: Matthew 6:16-18, Daniel 10:2-3, Esther 4:16, Acts 9:9

12. Is fasting commanded, encouraged, or optional in the Christian life?

Scripture: Matthew 9:14-15

13. Do I fast to grow closer to God, or for other motives (like approval or results)?

Scripture: Zechariah 7:5, Isaiah 58:3-5

14. Can fasting strengthen my prayers? If so, how?

Scripture: Nehemiah 1:4, Acts 13:2-3

15. In what ways can fasting help me fight sin and grow in Christlikeness?

Scripture: Galatians 5:16-17

16. Does fasting always have to be about food? What are other areas we can fast from?

Hebrews 12:1

17. How do I know when God is calling me to fast?

Scripture: Ecclesiastes 3:1, Luke 4:1-2

18. What is the role of fasting in seeking breakthrough, direction, or love for God?

Scripture: Acts 14:23, 2 Chronicles 20:3-4, 1 John 2:15-17

19. How can I invite others to fast with me in a healthy, biblical way?

Scripture: Joel 2:15-16

20. Is God calling me to make fasting a regular spiritual discipline? If so, how?

Challenge: Who is one person you could walk alongside into an intentional discipleship relationship with?

If you need help finding someone, contact Joe: 417-224-6064 or joe@glendalechristian.org

Additional Resources

Right Now Media

If you haven't downloaded RightNow Media yet, make sure you check it out! Click [this link](#) (<https://api.fluro.io/correspondence/681e187747a949003659fbae/clickthrough/https://app.rightnowmedia.org/en/join/glendale>) to create your free account and start browsing more than 20,000 videos! With this app, you can listen to audiobooks, podcasts, and Bible studies by yourself, or stay connected and participate with a friend or family. Parents, make sure you check out the kids section for biblical shows, music, and studies for kids of all ages! This resource is a 100% free gift from the church. Take advantage and check it out!

Follow the Leader | Reading, Reflecting, & Responding to Scripture: "Scripture Practice" - John Mark Comer
<https://app.rightnowmedia.org/en/content/details/900373>

Follow the Leader | Prayer & Fasting: "Prayer Practice" & "Fasting Practice" - John Mark Comer
<https://app.rightnowmedia.org/en/content/details/836788> | <https://app.rightnowmedia.org/en/content/details/836794>