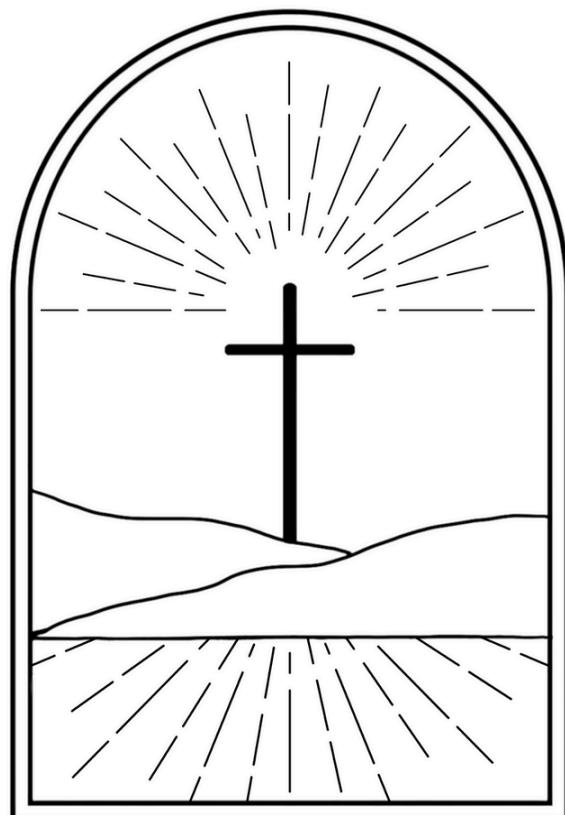


# Intentional Discipleship

## Follow the Leader - Sabbath

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## 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

### **Sabbath**

To explore the biblical principles of Sabbath rest, reflect on its application in the New Covenant, and guide believers in embracing rest and worship in daily rhythms.

#### **Association:**

Share how your week went. 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 internal resistance do you feel when you hear the word “rest”? What might that reveal about your identity?
- Do you associate Sabbath with legalism or freedom? Why?
- Do you believe that your worth is tied to your productivity? Explain
- How has your current rhythm of life affected your ability to enjoy God?
- How does our culture view rest, and how is that different from God’s intent?
- What messages does our culture send about hustle, success, and time? How do those messages conflict with Scripture?
- Are there any habits that prevent you from experiencing Sabbath rest?
- How might observing a regular rhythm of rest impact your relationship with God?
- In what ways is busyness affecting your discipleship or time with others?
- How can Sabbath be more than just “a day off”?

#### **Topic/Teaching:**

- Read **Exodus 20:8-11** together
- Read **Mark 2:23-3:6** together
- Read **Colossians 2:16-17** together
- What changes do you see in how Sabbath is viewed in the New Testament?
- Is the Sabbath law a moral command, a ceremonial law, or something else?
- Why do you think Jesus frequently challenged religious leaders about their Sabbath practices?
- How should we understand Paul’s teaching in Colossians 2:16–17? Is he abolishing the Sabbath or reorienting it?

#### **Guidance:**

- How could you shift from seeing Sabbath as restriction to seeing it as restoration?
- How does Sabbath observance shape our identity and trust in God?
- What is keeping you from trusting God enough to stop and rest?
- What fears surface when you consider doing less?
- What would it take for you to build a rhythm of worship, rest, and reflection into your week?
- What habits, commitments, or expectations do you need to lay down to make space for God?

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

### **Sabbath**

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

1. **What is the Sabbath, and where is it first mentioned in Scripture?**  
Genesis 2:2-3
2. **Why did God rest on the seventh day, and what does that teach us about rest?**  
Exodus 20:8-11
3. **How was the Sabbath observed under the Old Covenant?**  
Exodus 31:14-17
4. **Why was the penalty for breaking the Sabbath in Old Testament law so serious?**  
Numbers 15:32-36
5. **How did Jesus approach the Sabbath? What does that reveal about its intended purpose?**  
Mark 2:27-28
6. **What did Jesus mean when He said, "The Sabbath made for man, not man for the Sabbath"?**  
Mark 2:27
7. **Are Christians today required to keep the Sabbath as the Israelites did? Why or why not?**  
Colossians 2:16-17
8. **What does the New Testament say about observing specific days for rest or worship?**  
Romans 14:5-6
9. **What does Hebrews 4 teach us about entering God's rest?**  
Hebrews 4:9-10
10. **How can a rhythm of rest reflect trust in God rather than striving in our own strength?**  
Psalm 127:1-2
11. **What are some ways Jesus practiced rest and solitude in His ministry?**  
Luke 5:16
12. **How does rest help you realign your heart with God?**  
Matthew 11:28-30
13. **In what ways do you struggle with resting or observing a day set apart for God?**  
Isaiah 30:15
14. **How can Sabbath rest be a form of worship rather than legalism?**  
Galatians 5:1
15. **What does it look like to set aside intentional time with God in your current season of life?**  
Psalm 46:10
16. **How can rest be restorative to your relationships, not just your body?**  
Exodus 23:12
17. **What is one practical step you can take to honor a rhythm of rest this week?**  
Ephesians 5:15-17
18. **How do you differentiate between "holy rest" and "idle laziness"?**  
Proverbs 6:10-11
19. **How can honoring rest help you live more fruitfully for the Lord?**  
John 15:4-5
20. **What would it look like for you to experience "Sabbath" not just as a day, but as a lifestyle?**  
Philippians 4:6-7

**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](mailto: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) (<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>

Follow the Leader | Giving: "Generosity Practice" - John Mark Comer  
<https://app.rightnowmedia.org/en/content/details/893650>

Follow the Leader | Fellowship: "Community Practice" - John Mark Comer  
<https://app.rightnowmedia.org/en/content/details/900374>

Follow the Leader | Solitude: "Solitude Practice" - John Mark Comer  
<https://app.rightnowmedia.org/en/content/details/836801>

Follow the Leader | Service: "How to Motivate to Serve" - Anne Cody  
<https://app.rightnowmedia.org/en/interactive-content/529165/details>

Follow the Leader | Sharing: "Spiritual Conversations in the Digital Age" - Jason Broge  
<https://app.rightnowmedia.org/en/content/details/462790>

Follow the Leader | Sabbath: "Sabbath Practice" - John Mark Comer  
<https://app.rightnowmedia.org/en/content/details/836782>