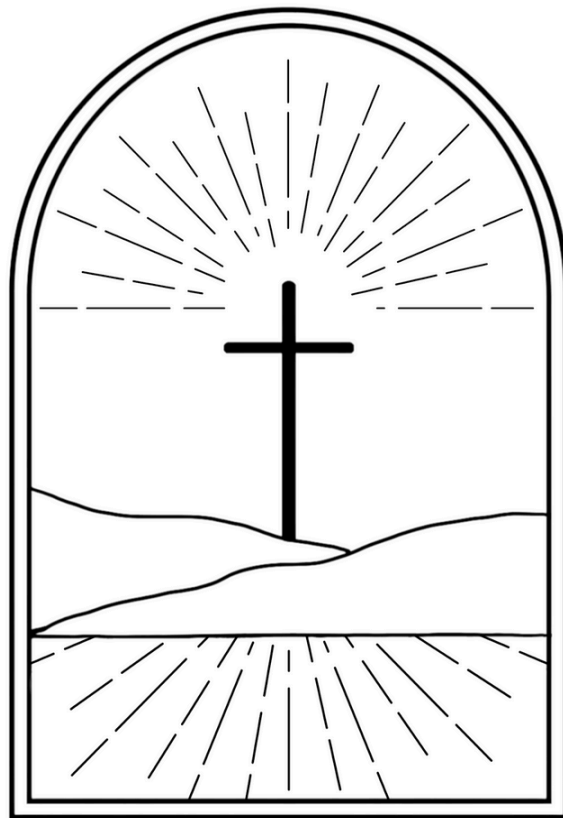


**Intentional Discipleship**  
**Follow the Leader - Solitude**

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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

### **Solitude**

To understand the importance of withdrawing from distractions to be alone with God, so we can hear His voice more clearly, grow in intimacy with Him, and be spiritually refreshed for the life He's called us to live.

### **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 is the difference between isolation and solitude?
- Do you find it easy or hard to sit still before God? Why?
- What feelings arise when you are alone—peace, boredom, anxiety? Why?
- Why is solitude necessary?
- When was the last time you intentionally spent time alone with God? What was the result?
- In what areas of your life do you feel noise or distraction is keeping you from deeper connection with God?

### **Topic/Teaching:**

- Read **Mark 1:35** together
- Read **Luke 5:16** together
- Read **1 Kings 19:1-13** together
- Why do you think Jesus needed solitude?
- How does **Psalms 46:10** ("Be still and know that I am God") reflect the purpose of solitude?
- What are some spiritual dangers of never practicing solitude?

### **Guidance:**

- How do you currently use your "alone time"? What does that say about your priorities?
- How has being busy affected your ability to be present with the Lord?
- What would change in your relationship with God if solitude became a regular rhythm?
- How can solitude be a tool for processing emotions or making big decisions?
- How can you prepare your heart and mind before entering into solitude?
- What small step could you take this week to pursue solitude with God?
- Can you set aside a regular time and place to be alone with God? When?
- What distraction do you need to leave behind for solitude to be effective for you?
- How can Scripture guide your time of solitude?
- Would it help to journal or pray aloud during solitude? Why or why not?
- What would a life shaped by regular solitude with God look like for you?

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

### Solitude

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

1. **What is biblical solitude, and how is it different from isolation?**  
*Mark 1:35*
2. **Why is stillness important in our relationship with God?**  
*Psalms 46:10*
3. **How does solitude create space to hear God's voice more clearly?**  
*1 Kings 19:11–13*
4. **What role does solitude play in spiritual renewal?**  
*Isaiah 30:15*
5. **Can solitude be a form of worship? Why or why not?**  
*Habakkuk 2:20*
6. **What do we learn about waiting on the Lord through solitude?**  
*Lamentations 3:25–28*
7. **When was the last time you intentionally sought solitude with God?**  
*Psalms 62:1–2*
8. **What emotions surface when you're alone in silence—peace, fear, distraction?**  
*Psalms 139:23–24*
9. **How might noise or busyness interfere with your intimacy with God?**  
*Ecclesiastes 5:1–2*
10. **What habits or distractions do you need to remove to make space for solitude?**  
*Hebrews 12:1*
11. **Do you struggle with loneliness? How can biblical solitude be healing?**  
*Psalms 25:16–17*
12. **Are you using solitude to connect with God or to escape responsibilities?**  
*Proverbs 18:1*
13. **Do you treat time alone with God as essential or optional?**  
*James 4:8*
14. **How can you incorporate solitude into your weekly routine?**  
*Exodus 33:7–11*
15. **What physical space could you designate for meeting with God in solitude?**  
*Matthew 14:23*
16. **What kind of spiritual fruit do you expect from consistent time in solitude?**  
*Galatians 5:22–23*
17. **How can Scripture guide and shape your time alone with God?**  
*Psalms 1:1–3*
18. **What role does solitude play in repentance and heart-searching?**  
*Psalms 32:3–5*
19. **How can practicing solitude make your life more Spirit-led?**  
*Romans 12:1–2*
20. **What long-term changes do you hope to see from practicing biblical solitude?**  
*Philippians 1:6*

**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>