

Episode 8 Worksheet

When Leadership Feels Lonely
Finding Strength in God's Presence



True Leadership begins on our knees, led by grace,
strengthened in faith, and anchored in purpose.

How to Use This Worksheet

This worksheet is designed to help you reflect on the 5 Keys from Episode 8 of the Christian Leadership Podcast.

Set aside quiet time with God. Read the scripture for each Key, pause over the reflection questions, and write honestly in the lined space provided. The goal isn't perfect answers, it's about letting God meet you in your leadership journey.

Remember, you're not alone in this, God's presence goes before you, with you, and behind you.

Initial thoughts as I begin this worksheet:

Key 1: God's Presence is Constant

Loneliness has a way of convincing leaders that they're carrying the weight all on their own. But God promises His presence doesn't fade when people walk away. His constant presence is your assurance that even in the silence, you're never by yourself.

Deuteronomy 31:6

“Be strong and courageous... for the Lord your God goes with you; He will never leave you nor forsake you.”

Reflection Questions

- Where in your leadership do you feel most alone? Be specific. Write these moments down so you can bring them honestly before God.
- How does this scripture remind you of God's presence today? Imagine Him walking with you into that exact situation, what would shift in your heart?
- Write a short prayer acknowledging His presence in that place. Make it personal: “Lord, when I face ____, help me remember You are with me.”

Key 2: Prayer is Your Lifeline

Prayer is more than a habit, it's the oxygen of lonely seasons.
When the voices of encouragement grow quiet, prayer
becomes the space where God speaks life back
into your soul.

Philippians 4:6-7

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Reflection Questions

- What burden are you carrying right now that you can release to God in prayer? Write it down honestly.
- How could you make prayer a daily rhythm in your leadership? Would it look like starting every meeting with prayer, journaling daily, or praying before major decisions?
- Write out one specific prayer for your current season. Be detailed about what you need.

Key 3: Community is Essential

Loneliness doesn't mean you're destined for isolation. God designed us to thrive in connection. Even the strongest leader needs voices of encouragement, accountability, and prayer.

Ecclesiastes 4:9-10

“Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up.”

Reflection Questions

- Who are your “Aarons and Hurs”—the people who lift your arms when you're weary? Do you have them right now?
- Reflect on whether you've been carrying your burdens alone. Who could you invite into your leadership journey for encouragement or accountability?
- Write down one intentional step you can take this week to strengthen your community.

Key 4: God's Approval is Enough

As a leader, there will be times when your decisions aren't popular. But leadership anchored in God is not measured by applause, it's measured by obedience.

Galatians 1:10

“Am I now trying to win approval of human beings, or of God? ...If I were still trying to please people, I would not be a servant of Christ.”

Reflection Questions

- Where are you most tempted to seek the approval of people?
Write a specific example.
- What would shift in your leadership if you fully trusted in God's approval instead?
- Write one affirmation based on God's truth you can carry into this week. Example: “I am not defined by others' opinions, but by God's calling on my life.”

Key 5: Loneliness Can Be Sacred Ground

Loneliness doesn't have to be wasted space, it can be sacred space. Often, it's in solitude that God sharpens our ears to His voice and deepens our roots in Him.

Psalm 34:18

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

Reflection Questions

- What might God be teaching you in this season of solitude? Write honestly.
- How could this season prepare you for future growth? Picture what fruit may come from it.
- Write one way you'll intentionally use this season to grow deeper in God this week.

Recap and Next Steps

Anchoring in the 5 Keys

- God's Presence is Constant
- Prayer is Your Lifeline
- Community is Essential
- God's Approval is Enough
- Loneliness Can Be Sacred Ground

These five truths remind us that lonely seasons don't have to break you, they can actually become sacred spaces where God draws you closer, strengthens your faith, and prepares you for greater purpose.

My Next Step This Week:

**“True leadership begins on our knees,
led by grace, strengthened in faith,
and anchored in purpose.”**

**May this resource remind you that you are
never truly alone in your leadership journey.
God’s presence goes before you, strengthens
you, and carries you through every season.**

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encouragement for your leadership walk, visit:
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