



JANUARY 11, 2026

CAPITAL CITY

PRACTICES &

CONVERSATIONS

A resource to help you engage in a regular rhythm of spiritual practices and a tool to encourage conversation with God and others as you encounter Jesus, become like Jesus, and love like Jesus

Part 1: Practice

In this week's practice, participate in a fast. Choose one meal this week to fast from and during the time when you'd normally be having that meal, spend time with God. You might listen to worship music, go on a prayer walk, or read scripture. When you feel hungry before your next meal, use your hunger pangs a reminder to pray, thanking God for his presence, power, and provision.

Part 2: Conversations between you and God

1. What are some concerns you have about fasting? Talk to God about them. You might also talk to a pastor or mature friend who has experience with fasting.
2. Read Romans 12:1. How does fasting help you give your whole self to God?
3. Ask the Holy Spirit how fasting can become a part of your walk with Jesus.

Part 3: Conversations with others

1. Give a summary of the definition of biblical fasting, including: who should fast, why we fast, what we fast from, how we fast, and when we fast.
2. What are some of the purposes of fasting? Ezra 8:23, Acts 14:23, 1 Samuel 7:6, Psalm 35:15 give examples.
3. Author John Mark Comer says, "Fasting is feasting on God." What does he mean by that statement?

Part 4: Scriptures to Meditate on This Week

Matthew 4:4, Mark 9:29, Matthew 6:16-18, Luke 5:35, Ezra 8:23, Nehemiah 1:4, Daniel 9:3, Acts 13:3, Acts 14:23, 1 Samuel 7:6, Joel 2:12, Psalm 35:15

Part 5: Conversations from 365 in the Word

1. Read pages 44-45. What parallels do you see between God and Abraham? Between Isaac and Jesus?
2. Read page 48 under the heading THE SERVANT PRAYS FOR GUIDANCE. How might we follow the example of this servant? What could that look like in your life?
3. On page 53, we see Esau make a rash decision without thinking through the consequences. In what ways are you prone to do this? How might you pause and think through a response instead of reacting in haste?