



JANUARY 18, 2026

# CAPITAL CITY

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## 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**

Pray the Lord's Prayer daily this week. Use the half sheet from the weekend service as a guide.

### **Part 2: Conversations between you and God**

1. Why do you pray? Take a moment and think through that question with God.
2. How do you pray? Take a moment and think through that question with God.
3. In what ways do you want to grow in your prayer life? Take a moment and think through that question with God.

### **Part 3: Conversations with others**

1. How have you viewed prayer in the past? What challenges have you experienced in your prayer life?
2. Prayer is private, plain, and personal. Using Matthew 6:15-15, in what ways do you see Jesus emphasizing each of these areas?
3. How do you feel God is inviting you to respond to this week's teaching?

### **Part 4: Scriptures to Meditate on This Week**

Matthew 6:5-15

### **Part 5: Conversations from 365 in the Word**

1. Read Genesis 29:34. Are you operating under the deceptive premise that the more you work at pleasing God, the more he will love you, or are you able to rest securely in his unconditional love?
2. We see many people in our reading taking matters into their own hands without considering consequences. How willing are you to wisely consider the ramifications of your actions? How willing are you to ultimately trust in God's timing, provision, and justice?
3. Think about the story of Joseph. How willing are you to patiently wait for God to reveal his greater plan?