



FEBRUARY 1, 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**

Set aside a time this week to practice silence and solitude with God. Protect that time and set yourself up to guard against distractions.

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

1. Do you currently take time to practice solitude and silence? How might God be inviting you to lean into those practices?
2. What is one way you can choose and protect a time of solitude this week, even if it is just a short time?
3. How do you respond to times of silence and solitude? What do you notice as you try it? Talk to God about that?

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

1. Solitude is intentional time in the quiet to be with yourself and God. Using that definition, what is the difference between practicing solitude and aloneness?
2. Why do you think Jesus prioritized solitude and silence? What does that say about your own need for it in your life?
3. Read Matthew 3:16-17 and 4:1. What did Frank mean when he said, "Jesus went to the erēmos, not to earn God's love, but to respond to the love the Father had for him."

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

Matthew 3:16-17 & 4:1, Mark 1:35, Luke 5:15-16, Psalm 46:10

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

1. Are you moving toward holiness in your life with Jesus and actively responding to his instruction and guiding or are you disregarding something he's called you to?
2. What can we learn about God's heart for people as we look at the account of the Exodus?
3. What can we learn about God's power as we look at the account of the Exodus?