



FEBRUARY 8, 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

Schedule a Sabbath moment. Where can you carve out some time this week for rest and rejoicing? Put it on your calendar like an appointment and keep it.

Part 2: Conversations between you and God

1. Does Sabbath feel like a forced limit or an invitation? Talk to God about what you notice and ask for his guidance and wisdom.
2. What are some ways tangible ways that you can rejoice and rest on your Sabbath day?
3. What is one simple way God is inviting you to slow down this week?

Part 3: Conversations with others

1. Think on the life and ministry of Jesus. What are some examples you see of his unhurried nature? What do those examples teach you?
2. Read Mark 2:23-28 and Matthew 23:4. Jesus focused on the heart of the law, while the Pharisees focused on the letter of the law. What is the difference?
3. What do you find most challenging about practicing a Sabbath? Why?

Part 4: Scriptures to Meditate on This Week

Mark 2:23-28, Genesis 2:2-3, Exodus 20:8, Isaiah 58:13-14, Matthew 23:4, Mark 2:8, Exodus 33:14, Psalm 23:1-3, Psalm 127:1-2, Hebrews 4:9-10,

Part 5: Conversations from 365 in the Word

1. In Numbers 12:3, Moses is called a humble man. How are you practicing walking humbly with God?
2. What are some ways God invites his people to live as set apart?
3. How are you sacrificially offering your best to God?