



FEBRUARY 15, 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**

Choose one act of service this week. Look at the people in your home, workplace, church, neighborhood, and community. Then, choose a way to serve them.

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

1. Are there reasons you avoid serving others? What are those reasons?
2. Read Romans 12:1-2. What does it mean to be a living sacrifice?
3. What is one way you can build in a regular rhythm of serving in our church community?

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

1. Think back on the life of Jesus and on his parables. What examples of selfless service can you think of?
2. Read Luke 10:25-37. What stands out to you about the service of the good Samaritan?
3. Why would God use serving as a method of spiritual transformation? How does serving help us to be more Christ-like?

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

Philippians 2:5-8, Mark 10:45, Romans 12:1-2, Romans 12:11, Galatians 5:13

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

1. Deuteronomy 4:9 reminds us to be careful not to forget the things God has taught us or done for us. How does instruction this help us as followers of Jesus today?
2. Deuteronomy 6:6-7 prioritizes teaching our children the things of God. How are you teaching the next generation the things of God?
3. Read Deuteronomy 9:6. What does this teach us about God's faithfulness?