



MARCH 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**

The Psalms acted as a hymn book for the people of Jesus' time. Take some time this week to read Psalm 34 or Psalm 148 and offer it to God as worship.

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

1. As you consider your own life with God, what are some of your regular rhythms of worship?
2. Considering the sacred rhythms of Jesus: engaging with scripture, fasting, prayer, evangelism, silence, solitude, Sabbath, simplicity, and corporate worship; which one is God inviting you to lean in to more in this season?
3. Is there a way God is inviting you to use one of the pathways or resources at Capital City to help you take a next step with him.

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

1. How does worshipping through music and song help you encounter God?
2. Look at Colossians 3:16-17 and Acts 2:42-47. What acts of worship do you see in these scriptural texts?
3. Frank gave the definition that worship is "orienting our whole life around who God is and what God does." By that definition, what are some examples of worship.

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

Psalm 34, Psalm 148, Matthew 4:10, Revelation 4:11, Isaiah 43:7, Genesis 22:5, Hebrews 10:24-25, Acts 2:42, and Colossians 3:16-17

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

1. What do the laws teach you about God's care of the community?
2. What do the laws teach you about God's priority of people being a set apart people?
3. What do the laws teach you about the seriousness of sin?