



MARCH 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

In this week's practice, enter into a time of confession with God. Is there an area where you have been striving, trying to accomplish something on your own. Confess it to God and ask for his power to work in that area.

Part 2: Conversations between you and God

1. In Mark 5:25-26, we see the longevity of the woman's suffering. Is there something that you've been asking God to work in for a while but haven't seen evidence of his work yet? Talk with God about that.
2. Jesus healed the woman publicly and made sure everyone knew so that she could be fully restored. Is there something you need to bring into the light to experience restoration in? Who can you share that with?
3. The woman in Mark 5 was bold in her pursuit of Jesus. Where is God inviting you into a holy, faith filled boldness?

Part 3: Conversations with others

1. In Mark 5:28, we see the woman move from striving to faith. Is there a situation that you've had to stop striving and trust God in?
2. Is there a specific place in your life where you feel God inviting you to come in faith, surrendering to him, so that you can go in peace?
3. What are the characteristics we see in Jesus in Mark 5:25-34? What characteristics do we see in the woman? What stood out to you most about both of these people?

Part 4: Scriptures to Meditate on This Week

Mark 5:25-34

Continue on Back

Part 5: Conversations from 365 in the Word

1. Think about Moses and how he transferred authority and invested in the leadership of Joshua. Who, in this next generation, are you investing in?
2. In Moses song, he was passing along God's truth, the wisdom he'd gleaned, and the laws he'd learned for following God. How are you sharing your faith?
3. What are the characteristics and qualities you have noticed in God as you look back over the law?