



MARCH 15, 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**

In this week's practice, work on memorizing John 8:36 "So if the Son sets you free, you will be free indeed." This scripture will remind you that Jesus is greater than any bondage.

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

1. Is there some kind of bondage that you need to identify? Name it.
2. Bring the bondage to Jesus. Talk to him openly about your struggle.
3. Consider who is a trusted and spiritually mature friend who can walk with you to freedom.

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

1. Read the passage in Matthew 17:14-20. What are some of the things that stand out to you about the father, about the boy, about the disciples, and about Jesus.
2. Our human tendency is to try harder, as we saw in Frank's example of the finger trap and the stuck Jeep. Why isn't this helpful? What does it practically look like to bring our bondage?
3. "Freedom isn't just Jesus breaking chains—it's learning to walk with Him every day so the chains don't come back." What does this mean?

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

Matthew 17:14-20, Matthew 8:16, Mark 1:25, James 1:14, James 5:16, John 1:17

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

1. How do we depend on God to fight our battles?
2. Why would God have used such nontraditional methods to defeat Israel's enemies.
3. In Joshua 24:15, a stand is taken on serving the Lord. What are some ways you take a stand for God?