



MARCH 22, 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, use this simple breath prayer when you feel fear creeping in. On your inhale, say "The same voice that calmed the sea." On your exhale, say the phrase, "can calm the fear in me."

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

1. In the boat, the disciples panicked while Jesus rested in the care of the Father. What are the things that rob you of rest? Talk to God about them and ask him to help you trust him and rest in his care.
2. The parable of the sower teaches that one way we can follow Jesus' teaching is to hear God's word and hold on to it in trials. What are some practical ways you can do this.
3. Who in your life struggles with fear? How can you remind them of Jesus power over fear? How can you build a habit of praying for them?

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

1. Frank said that based on Jesus' words to the disciples in Luke 8:25, faith has a location or focus. What are some ways we can shift the focus of our faith back onto Jesus when we feel fear rising?
2. What does the miracle of Jesus calming the sea in Luke 8 teach us about Jesus' identity? How can we apply that to our lives?
3. The disciples were quick to forget Jesus' power even though they'd recently witnessed his miracles. How can we regularly remind ourselves of what God has done in history and in our own lives?

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

Matthew 8:23-27, Mark 4:35-41, Luke 8:22-25, Psalm 4:8, Psalm 65:7, Psalm 89:9, Psalm 107:29

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

1. What are the idols you turn to when you've forgotten to turn to God?
2. When has God proven himself powerful and present in your life?
3. What have you learned about human nature as you read this week? What have you learned about God?