



MARCH 29, 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, offer up this breath prayer whenever you experience lack. Begin by opening your hands and on your inhale, say, "This is all I have". On the exhale, say, "I am giving it to you to multiply."

Part 2: Conversations between you and God

1. Give What You Have: Physically write down the meager resources they you can bring to the table (e.g., five minutes of time, a shred of patience, twenty dollars).
2. Give Thanks For What You Have: Do not to wait for your lack to be resolved before expressing gratitude. Thank God for His character and past faithfulness right in the middle of your current deficit.
3. Give Jesus The Glory For What You Have: Where you experienced unexpected provision (a timely text from a friend, a sudden burst of energy to finish a task). Acknowledge these moments as the "leftovers" of God's grace and thank him for his abundant provision.

Part 3: Conversations with others

1. As human beings, we tend to have a scarcity mindset that focuses on our lack. In what ways are you currently experiencing lack? Shifting our mentality toward focusing on the abundance we have is a way to foster gratitude. Where are you currently experiencing abundance? How did it feel to shift your mindset?
2. In this week's text from John 6:1-15, what do you notice about Jesus? What do you notice about the crowd? What do you notice about the disciples?
3. Why would Jesus have provided more than was needed? What does this teach us about God's character and nature displayed through Jesus?

Part 4: Scriptures to Meditate on This Week

John 6:1-15

Continue on Back

Part 5: Conversations from 365 in the Word

1. According to the reading on 3/28, why did the Israelites want a king? How was this a rejection of God's former instruction and invitation to them?
2. What do we learn from the text in 3/31 about God's qualifications for Israel's king? What was God looking for in a king?
3. What do we see as differences between Saul and David?