



APRIL 19 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, ask God to bring to mind areas of unforgiveness in your life. Ask God to change your heart, to help you forgive, and to actively do good instead in each of those areas.

Part 2: Conversations between you and God

1. Where are you being tempted to repay?
2. Where are you still trying to sit in God's seat?
3. Where is God calling you to actively do good?

Part 3: Conversations with others

1. What do we learn about forgiveness from the early church and its countercultural way of forgiving?
2. Where is God calling the church to be active peace makers and givers of forgiveness?
3. Consider Jesus on the cross in Luke 23:34. What do we learn about forgiveness from Jesus during his crucifixion.

Part 4: Scriptures to Meditate on This Week

Matthew 5:9, Matthew 5:38–45, and Romans 12:17–21

Part 5: Conversations from 365 in the Word

1. What did David prioritize as he passed the kingship to his son? Consider what he shared with the people and what he shared with Solomon in the reading on April 18.
2. What Psalm stood out to you most this week and why?
3. How do the Psalms invite us into a deeper relationship with God? What do they teach us about how we come to God?