



APRIL 26 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, pray Proverbs 3:5-6 back to God. pray them back to God. Breathe deeply in and out and say, "[I will] Trust in the LORD with all [my] heart, and [I will] not lean on [my] own understanding. In all [my] ways [I will] acknowledge him, and he will make straight [my] paths."

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

1. Who is someone who showed the love of Jesus to you by caring for you in a practical way? Thank God for them and consider sending a text, giving a call, or meeting with them to thank them.
2. Pray, "Lord, may I see your people the way you see them, see their needs for what they are, and see a way I might love them the way you desire." Then ask God to give you some specific opportunities to serve this week.
3. Is there a ministry in the church, in our city, or globally that God is inviting you to partner with?

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

1. Look at Matthew 5:5, Galatians 3:14, Matthew 16:27, and Luke 12:32. What do these verses teach us about God and his blessings?
2. Why does Jesus say that serving the least of these is like serving him? (Matthew 25:40)
3. Why is serving the least of these such a counter cultural act? How is Jesus' love made visible when we serve in this way?

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

Matthew 25:34-40, Genesis 12:3, Matthew 5:5, Galatians 3:14, Matthew 16:27, Luke 12:32, Proverbs 3:5-6, Psalms 16:5-6, Leviticus 19:33-34, Isaiah 58:6-7, Hebrews 13:2-3, James 2:15-26, Proverbs 19:17, Genesis 1:27

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

1. Is there a psalm or part of a psalm that you can pray over your own life, your own situation, or your own circumstances this week?
2. What emotions do you see come up most in this week's psalms? Why do you think that it?
3. How are the psalm writers engaging with God this week? Are they praising, offering worship, lamenting, encouraging Godly living, or celebrating their king?