



MAY 3, 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**

This week, practice repentance and receive grace. Read Romans 8:1-4. Ask God to show you where he'd like you to align yourself to his sexual ethic. Confess those areas. Ask for God to work in you to change your mind, your desires, and your actions. Partner with him by choosing obedience to his way, then receive his gift of grace offered through Jesus.

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

1. As you look at both the way the Roman culture viewed sexuality and the modern culture's views on sexuality, are there any areas that you have believed the cultural lies?
2. How is God inviting you to reconsider sex, sexuality, and the Christian sexual ethic?
3. Are there any areas God is inviting you to think or act differently?

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

1. Culturally, the Christian sexual ethic is often viewed as oppressive and old fashioned. Historically, however, Christianity hasn't been catching up to the culture's sexual ethic but confronting. What are some of the ways that Christianity offered a counter ethic that honored both God and people.
2. What are a few practical ways we can make waves by honoring our bodies, choosing covenant over convenience, practicing self-control as worship, and reflecting Jesus in relationships? How would that be distinct in our culture today? How might it impact people?
3. How does the Christian sexual ethic give us a picture of the gospel? In what ways does it help us understand the covenantal, self-giving way of Jesus better?

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

1 Thessalonians 4:3-5, Ephesians 5:31-32, 1 Corinthians 7:2-4, Romans 8:1-4

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

1. What psalm stood out to you this week? Why?
2. What characteristic of God was most obvious to you in the psalms this week?
3. Do you notice any patterns as you're reading the psalms this week?