



MAY 7, 2023

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

Spiritual practices help us create space to open ourselves to God.

In this week's practice, take some time to consider your relationship with God since that relationship sets the tone for every other relationship. Are you spending time with God daily in his Word? Are you talking with him daily in prayer? Are you inviting him into your everyday life or you experiencing him on a weekend only basis? Set some relationship goals that will help you to be intentional about prioritizing this relationship.

Part 2: Conversations between you and God

Spend some time with God this week, considering these questions:

1. Talk with God about your relationships, especially your romantic relationships. As you think about the image of a traffic light, do you see God giving you a green light, yellow light, or red light. What makes you think this? Do others confirming this? Why or why not?
2. Ask God if there are areas of relational unhealth that he might be highlighting that need to be healed before a healthy relationship is possible? Are there areas of relational unhealth God might need to heal in your relationship partner?
3. Have you fully surrendered your life and your relationships to Jesus? Talk to God about that.

Part 3: Conversations with others

1. What season do you find yourself in regarding romantic relationships? How has God been challenging you to grow in this area?
2. When you've run some red lights in relationships and have experienced the fallout from that, how have you experienced God's presence, grace, and faithfulness through it. How can we graciously walk with those who have run or are currently running red lights?
3. It is always going to be difficult to have a thriving relationship with other people if you don't have a thriving relationship with God. How might God be inviting you to prioritize your relationship with him? What help might you need? How can your community support you?