



MAY 10, 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

This week, meditate on Psalm 139:13-16, where David reflects on the unbelievable value that God has placed on human life. Take a deep breath, maybe close your eyes, and acknowledge those words as not only true for David, but true for you.

Part 2: Conversations between you and God

1. If you are a follower of Jesus, your body is a temple for the Holy Spirit to dwell. Take a moment and consider that truth with God. Is there anything in your life that he's inviting you to remove?
2. Make one intentional switch regarding what you take in or put out every day. For example, swap 15 minutes of doom-scrolling for 15 minutes of a walk outside. Or, swap a harsh critique of your own body in the mirror for a prayer of gratitude that your lungs have breath today. Choose one way to honor the Giver's temple.
3. Make one intentional switch regarding your interactions with others. Commit to a small or large act of service each day of the week for someone else that lets them know that you value them.

Part 3: Conversations with others

1. Read Mark 12:30 and Deuteronomy 6:5. What is God saying about what parts of our lives are affected by our relationship with him.
2. God is the creator of our bodies and the giver of all life. Because of that, He has authority over it. What are some ways we can honor God with our bodies?
3. What is one way the church can show value for the life of others? How do we do this as individuals and how do we do it corporately?

Part 4: Scriptures to Meditate on This Week

1 Corinthians 6:19-20, Psalm 139:13-16, Mark 12:30, Deuteronomy 6:5

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Part 5: Conversations from 365 in the Word

1. What verse in this week's reading was most meaningful to you? Why?
2. Where did you see a foreshadowing of Jesus in the Psalms this week?
3. What characteristics of God were most evident to you in this week's Psalms?