



MAY 17, 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, we're going to practice a new way to start the day in conversation with the Holy Spirit. Start your day with this prayer: "Holy Spirit, lead me today. Guide my thoughts, my words, and my actions. Help me see what You're doing... and join You in it."

Part 2: Conversations between you and God

1. What feelings come up for you as you consider the Holy Spirit? Do you feel anxious, confused, cautious, peaceful, grateful, connected, etc. Share those feeling with God.
2. In John 14:16–17 the word "Advocate" means: Helper, Counselor, Comforter, an Intercessor. How have you experienced each of these characteristics of the person of the Holy Spirit?
3. What does Acts 2:16-17 teach us about God as a promise keeper? What does that mean to us today as believers?

Part 3: Conversations with others

1. Jesus is God WITH us. The Holy Spirit is God WITHIN. Explain the difference.
2. Read John 14:16-17, Ezekiel 36:26–27, Joel 2:28–29, and John 16:7. What are some of the good things the people of God are promised through the gift of the Holy Spirit?
3. Read Luke 24:49 and Acts 1:8. Why is it essential that we do the work of God through the power of the Holy Spirit?

Part 4: Scriptures to Meditate on This Week

John 14:16–17, John 16:7, Genesis 1:2, Genesis 2:7, Ezekiel 36:26–27, Joel 2:28–29, Luke 24:49, Acts 1:8, Acts 2:16–17

Part 5: Conversations from 365 in the Word

1. As you read about Solomon fulfilling David's promise to build the temple, what do you notice?
2. What is one piece of wisdom that stood out to you from the Proverbs this week?
3. The Proverbs are wisdom literature intended to be passed down generationally. Who is someone who mentored you by speaking wisdom into your life? Who are you doing that for?