



MAY 24, 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 building a relationship with the Holy Spirit as a person, rather than trying to tap into Him as a force. Start your day by shifting from a transactional mindset to a relational one. Pray a simple prayer like this each morning: "Holy Spirit, You are not a force to use, but a person to know" and then attempt to be in silence in the presence of God for three to five minutes.

Part 2: Conversations between you and God

1. Have you historically treated the Holy Spirit more like a "force" to tap into (like electricity) or a "person" to know? Confess any tendencies to ignore Him or only call on Him when you need something, and ask God to help you cultivate a real, listening relationship.
2. Read Ephesians 4:30. Knowing that the Holy Spirit has emotions and can be "grieved," ask Him to reveal any areas of your life, habits, or attitudes that might be grieving Him right now. Spend some time in quiet repentance and ask for His peace.
3. Read Romans 8:26–27. The Holy Spirit searches our hearts, knows the mind of God, and intercedes for us. How does it comfort you to know that the Spirit is actively praying for you, even when you don't have the words to pray yourself? Share your gratitude with Him.

Part 3: Conversations with others

1. We often use language like, "I need more power," or "I felt something intense," when talking about the Holy Spirit. Why is it limiting, or maybe even harmful, to view the Holy Spirit as an "it" rather than a "He." How does shifting your perspective change the way you interact with Him?
2. Read 1 Corinthians 2:10–11, Ephesians 4:30, and 1 Corinthians 12:11. How do these specific verses demonstrate that the Holy Spirit has a mind, emotions, and a will. Which of these three characteristics of His personhood stands out the most to you, and why?

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3. The sermon noted: "You don't build a relationship by using someone, ignoring someone, or only calling when you need something." What are some practical ways we as believers can move from a transactional approach to a relational one in our everyday walk?

Part 4: Scriptures to Meditate on This Week

John 14:16–17, 1 Corinthians 2:10–11, Romans 8:26–27, Ephesians 4:30, 1 Corinthians 12:11, Acts 13:2, John 16:8