



MAY 28, 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, we're taking some time to intentionally pray and ask God to help us look for the things God is producing in us through our trials. God does not cause our trials but he is faithful to use them. How might God be bringing something good out of the trials you are facing or have faced? Remember, we serve a good Father who has a good plan and a good purpose for all that we walk through. Take a moment and sit with God as you look for evidence of his hand at work transforming us, even in the midst of trials.

Part 2: Conversations between you and God

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

1. God wants us to bring every part of our selves to him in an honest and vulnerable way. He wants to meet us in every part of our lives- the good and the bad. When you face trials and difficulties, how do you invite God into that space with you? If you're facing something difficult right now, how might you share it with God?
2. As you look back over your life, where have you seen God produce something good from something difficult. Take a moment to praise him and thank him for that.
3. Perseverance comes when we maintain confidence in God even during our trials. Take a few moments and list as many attributes and characteristics of God as you can think of. (Ex. good, faithful, unfailing, present, loving, kind) When you're done, spend a moment reflecting on the truth that these things are true of our unchanging God regardless of the situations or circumstances you face. Thank God for his constancy.

Part 3: Conversations with others

1. Read Matthew 5:43-48. What might Jesus be trying to teach us about our heart toward him and
1. Read James 1:2-5 and also verse 12. You might even want to read a few different versions of this verse. What stands out to you? Now read James 1:17. How does verse 17 help us maintain confidence in God even during our trials?
2. This week's challenge was to shift our mindset and to look for the good that God might be producing even through our trials. What are some ways we might do that?
3. What is an example that you have been able to witness in someone else where you saw God working to produce good even through difficult times? What did you learn as you watched that situation unfold? How did it remind you and others of God's hand at work?