



MAY 31, 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 are going to practice the posture of “yielding” to the Holy Spirit’s influence. Shift your mindset from trying to earn a “spiritual upgrade” to acknowledging that the Spirit already fully dwells within you. Start your day by intentionally surrendering your will. Pray a simple prayer like this each morning: “Holy Spirit, I know You are already in me. Today, I surrender my plans to Yours. Fill me, lead me, and empower me for Your purposes.” Then, take three to five minutes of silence to simply rest in the reality of His presence before you start your day.

Part 2: Conversations between you and God

1. Have you ever felt like you were missing out on a “second level” of Christianity or feared you didn’t have enough of the Holy Spirit? Confess in prayer any feelings of spiritual inadequacy or exhaustion from striving, and thank God that through faith in Jesus, you have already been fully baptized into His body.
2. Read Ephesians 5:18. The sermon noted that being filled with the Spirit is not a one-time event, but a continual posture of surrender. Ask the Holy Spirit to reveal any areas of your life (things like finances, relationships, fears, or habits) where you are holding back control. Spend time actively yielding those specific areas to His leadership.
3. Read John 16:8. The Holy Spirit’s conviction acts like a smoke detector, it’s loud and uncomfortable, but designed to save you, not shame you. Ask God to help you clearly discern the difference between the enemy’s condemnation (which leads to hiding) and the Spirit’s loving conviction (which leads to transformation). Thank Him for loving you enough to call you back when you drift.

Part 3: Conversations with others

1. The big idea of this message is that the Holy Spirit is not a “bonus experience for super-Christians” but the very foundation of the Christian life. How does understanding that there are

no “tiers” or “spiritual class systems” change the way you view your own spiritual identity? Read Romans 8:9 and Ephesians 5:18. The sermon made a key distinction: Indwelling means you have the Spirit, but filling means the Spirit has you. What are some practical, everyday ways we can transition from simply knowing He is present to actually allowing Him to lead and control our daily decisions?

2. We often think of the Holy Spirit’s power strictly in terms of spectacular miracles, but the sermon highlighted that power often looks like boldness when afraid, strength when weak, or endurance when you want to quit. Share a time with someone else when you experienced the Spirit’s empowerment in a highly practical, everyday situation.
3. Discuss the analogy of the smoke detector. Why do we so often confuse conviction with shame? How can we as a community help each other respond to the Spirit’s conviction with repentance rather than retreat?

Part 4: Scriptures to Meditate on This Week

Psalms 139:7-10; Psalm 143:10; Psalm 51:10-12; 1 Corinthians 12:13; 1 Corinthians 6:19; Romans 8:9-11; Ephesians 5:18; Galatians 5:16-25; Acts 1:8; John 16:8