



JUNE 14, 2026

# CAPITAL CITY

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## 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, invite the Spirit to work in you by praying, "Holy Spirit, form Jesus in me."

### **Part 2: Conversations between you and God**

1. There are five cultural narratives that people often believe but that are ultimately faulty. They are:  
1. You can engineer your identity through discipline. 2. If I understand myself, I can fix myself. 3. If I achieve enough, I'll become enough. 4. As long as I'm expressing myself, I'm healthy. 5. Next time, with enough effort, I'll be different. Which one have you been most prone to believing? What was the result of that belief?
2. Consider the question, 'Are people experiencing Jesus as they experience you?' Use Galatians 5:22 as a guide.
3. As you examine your life, what weeds are evident? How is God inviting you to remove those so that fruit can grow?

### **Part 3: Conversations with others**

1. Read Galatians 5:22. What evidence do you see of fruit of the spirit in the life of Jesus?
2. Galatians 5:24 reminds us that abiding in Christ is not a passive activity. What does Paul mean when he tells us to crucify the flesh?
3. In John 15:5, Jesus tells us to focus on the root, not the fruit. How do we stay rooted in Christ and abide with him?

### **Part 4: Scriptures to Meditate on This Week**

Galatians 5:16-26, John 15:5, Galatians 5:24

### **Part 5: Conversations from 365 in the Word**

1. What qualities and characteristics stand out about the life and person of the prophet Elijah?
2. Why was God so concerned with Baal worship?
3. What do we learn about God and about obedience in the story of Naaman.