



JUNE 21, 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, ask the Holy Spirit how you can join him by being Jesus to the people right where you are. Listen for promptings from the Spirit. Discern and confirm what you hear with God's word and with trusted gospel community. Follow where he leads.

Part 2: Conversations between you and God

1. Have you received the Spirit through faith and baptism? What's holding you back?
2. What will you be known for if you walk with the Holy Spirit?
3. What could you be known for if you lived for yourself?

Part 3: Conversations with others

1. What part of Paul's story resonated most with you? Why?
2. What is one way you want to live in relationship with the Holy Spirit? How could that look in your life?
3. Galatians 5:16 NIV says, "...walk by the Spirit, and you will not gratify the desires of the flesh." When you're face with opposition, how do we resist gratifying our own desires or those of others, and choose to gratify the Spirit instead? What does that look like?

Part 4: Scriptures to Meditate on This Week

Acts 7:54-8:3; Acts 9:1-19; Acts 13:1-4; Acts 13:5-11; Acts 16:6-10; Acts 19:1-6; Acts 19:21-22; Acts 20:17-24; Rom. 15:18-19; 1 Cor. 2:4-5; 1 Thess. 1:4-5; 1 Cor. 2:13; 1 Cor. 7:40; Gal. 5:16; Rom. 8:14

Part 5: Conversations from 365 in the Word

1. Which prophet's story from this week's reading was most impactful to you and why?
2. What do you notice about the pattern of sin and rebellion with God's people?
3. What do you notice about God's judgement and love?