



JULY 12, 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, think about your own heart. If you've been judgmental, confess that to God. Ask for his forgiveness and repent of those ways. Ask God to help you in this area. If you've wronged someone else with your judgmental spirit, ask for their forgiveness, as well.

Part 2: Conversations between you and God

1. Have you experienced judgement from church people? How has that affected you? Did it change your view of God or the church?
2. How is your heart when it comes to judging others? Do you tend to offer mercy or judgement? Talk to God about what you notice.
3. Who is someone God is inviting you to see differently this week? How is he asking you to see them as he does?

Part 3: Conversations with others

1. According to scripture, who are Christians to judge? How SHOULD that look? What's the purpose of that?
2. What do we learn about the heart of Jesus from the story about Jesus' interaction with Matthew?
3. Why is mercy the best response for Christians to have towards those far from God?

Part 4: Scriptures to Meditate on This Week

Matthew 7:1-6, James 2:13, 1 Corinthians 5:12, Romans 5:8

Part 5: Conversations from 365 in the Word

1. What did you learn about God in this week's reading?
2. What did God show you about his character and nature?
3. What did God teach you this week about human beings and about yourself?