



JULY 13, 2025

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, choose one practical way to serve the vulnerable. Reach out to the church and ask to get plugged into a serving group, serve in a community organization, or serve someone that you know that might be in a challenging season.

Part 2: Conversations between you and God

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

1. Serving others often means stepping into discomfort of some kind. How willing are you to inconvenience yourself for the sake of love?
2. Read Isaiah 58:5-7. What do you see as the kind of service God desires?
3. Read James 2:15-17. What does scripture teach about faith without any action or evidence of love?

Part 3: Conversations with others

1. James 1:27 teaches us that you can't have sincere faith without taking social action. Explain what this means and how it could look.
2. What does 1 John 3:16-18 teach us about Jesus and his willingness to go to the people he loved in order to serve them? What is the example he is setting for us?
3. Frank gave the three action steps of presence, perspective, and platform as a way to love and serve the vulnerable. Give one example of what love in action in each of these areas could look like.

Part 4: Scriptures to Meditate on This Week

John 1:14-16, James 1:27, 1 John 3:16-18, Proverbs 31:8-9, Psalms 82:3, & James 2:15-17