



JULY 26, 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, practice pray this prayer. "Jesus, I will follow you as the way, trust in you as the truth, and believe that my life and my identity are anchored in my relationship with you."

Part 2: Conversations between you and God

1. In what ways have you been trying to live your truth, define your truth, or follow your own ideas and feelings? Think about your decisions, identity, and areas you need God's wisdom and clarity.
2. What, if anything, holds you back from trusting and following Jesus as the way, truth, and life?
3. What is one step you can take to live in God's truth?

Part 3: Conversations with others

1. Culture says truth is discovered within you. How does following Jesus relieve the culture pressure to define our own truth and create our own identity?
2. In what ways does trusting and following in Jesus as the truth offer you a sense of freedom?
3. What characteristic of Jesus makes him most reliable as the steady and unshakable source of truth?

Part 4: Scriptures to Meditate on This Week

John 14:1-7, John 18:37-38, 1 Peter 2:9, 2 Corinthians 5:17, John 8:31-32, Jeremiah 17:9, Proverbs 14:12, 2 Corinthians 5:17, Matthew 16:25

Part 5: Conversations from 365 in the Word

1. What parts of God's character and nature are most evident in this week's text? What do they teach you about God?
2. How do you notice the people responding to the words of the prophets? Why do you think this is their pattern of behavior?
3. Where do you see evidence of hope and future restoration?