



JULY 26-27, 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, take some time and talk to God about your relationship with the church. Tell him about your hurts, your frustrations, your joys, and your hopes regarding the church. If there is a need, ask him for healing. If you need forgiveness for hurting others, ask him for that. Ask him how you might be a part of offering healing to others.

Part 2: Conversations between you and God

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

1. Do you need to hear "We are sorry. That was wrong. Please forgive us." from the church?
2. Do you need to offer the words "We are sorry. That was wrong. Please forgive us." to someone else within or outside of the church who could experience healing through that apology?
3. John 1:9-14 reminds us that Jesus came into this world to bring healing, yet he also experienced hurt and betrayal. What can we learn from Jesus about responding to these things?

Part 3: Conversations with others

1. The church has been a place of harm for some. It has also been a place of healing. What has been your experience with the church?
2. Read Philippians 2:1-8. You can a life of JOY by prioritizing Jesus first, then others, and then yourself. How does this create unity, teamwork, and humility within the church?
3. What are some ways that we, as a church body at Capital City, can help people see and experience the church differently?

Part 4: Scriptures to Meditate on This Week

John 1:9-14, Philippians 2:1-8, Genesis 45:1-15, Genesis 50:15-21, Luke 10:38-42, & Acts 6:1-7