



AUGUST 2, 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 think back on your faith journey. How as someone who poured into you. Take a moment and thank God for that person. Pray for God to allow you to be that kind of person for someone in the next generation.

Part 2: Conversations between you and God

1. Ask God to bring to mind people who have influenced your faith journey. Give them a call or text, if possible, to say thank you for the impact they had on your life.
2. Who is someone God is inviting you to be present, personal, and intentional with? What's one next step you can take with that person?
3. Is there a way God is asking you to serve the next generation within our local church? Who do you need to talk to about that?

Part 3: Conversations with others

1. Read Deuteronomy 6:5-7. What does it mean to love God with our heart, soul, and strength?
2. Read Judges 2:10. How do we stop this from being true for the next generation?
3. What are practical ways we can share our faith and build up the next generation in our homes and in our churches?

Part 4: Scriptures to Meditate on This Week

Deuteronomy 6:5-7. 2 Timothy 1:5, Judges 2:10, Psalm 145:4

Part 5: Conversations from 365 in the Word

1. How do the prophets respond to the call of God?
2. How do the people respond to the prophets?
3. How is God at work in the gran narrative of scripture?