



AUGUST 9, 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 thinking about the good news of the gospel. Why is it good news to you and to the world? Offer God a prayer of thanksgiving for his goodness and love.

Part 2: Conversations between you and God

1. Think back on your encounter with the good news of the gospel of Jesus Christ. What motivated you to choose following Jesus?
2. Who in your life needs to hear the good news of the gospel. Pray for ways to invite them to see how the good news of the gospel has changed your life.
3. What holds you back from sharing the good news of the gospel? Ask God for the willingness to simply share how he has been good to you.

Part 3: Conversations with others

1. In what ways have you experienced people sharing the gospel? Did it seem like good news? Why or why not?
2. How does the good news of the gospel offer hope, help, and healing to the broken world and the broken people who live in it? Think about specific situations and circumstances.
3. Why would God choose flawed people to be the heralds of the good news of the gospel?

Part 4: Scriptures to Meditate on This Week

Luke 4:14-21, John 20:19-21, Isaiah 61:1-2, Mark 1:14-15

Part 5: Conversations from 365 in the Word

1. What do you notice about Jeremiah's obedience to God?
2. What do you notice about God's grace and mercy this week?
3. How has God been inviting you to respond to this week's reading?