



AUGUST 23-24, 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, use the time management matrix and consider the four quadrants from Covey's book. Which quadrant do you most often operate from. The four quadrants are Quadrant I: Urgent & Important (crises, deadlines), Quadrant II: Not Urgent & Important (planning, growth, relationships), Quadrant III: Urgent & Not Important (interruptions, busywork), and Quadrant IV: Not Urgent & Not Important (time-wasters).

Part 2: Conversations between you and God

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

1. How often are you pulled toward the tyranny of the urgent? Do you find yourself most often managing urgent things or are you able to intentionally engage with the things you've prioritized?
2. What are some of the things that distract you most often? Ask God how you can you minimize those distractions?
3. What is one step God is inviting you to take this week as you put first things first?

Part 3: Conversations with others

1. Fank encouraged us each to look at the story in Nehemiah 6:1-3 and determine what our own personal wall is in this season. What is your wall - the thing you must prioritize in this season?
2. Read Matthew 6:33. Think back on the illustration of the jar of rocks. What are some of the things of God that Jesus' disciples need to fill their jars with first?
3. Why does it matter that followers of Jesus prioritize putting the right things first?

Part 4: Scriptures to Meditate on This Week

Nehemiah 6:1-3 and Matthew 6:33