



AUGUST 30, 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 consider the places God has you and prayerfully ask him to show you how to shine as light in those places.

Part 2: Conversations between you and God

1. Where are the places in your life need salt and light? Ask God to show you and give you ways to shine and show.
2. Who are the people in your life who are experiencing darkness? Pray that they will turn toward God and can see him through you.
3. How can you draw nearer to God so that he can shine brightly in and through you?

Part 3: Conversations with others

1. What is the significance of being salt? What is the significance of being light?
2. How are you tempted to believe in the self-made success ideology? How does the gospel invite us to rethink that?
3. Why does God invite us to live out our faith in a public way?

Part 4: Scriptures to Meditate on This Week

Matthew 5:13-16, Psalm 34:8, Colossians 4:6, Isaiah 42:6, Isaiah 49:6, Matthew 12:17-21, Isaiah 9:2, Matthew 4:16, Matthew 10:40, John 8:12, Acts 13:47, Mark 4:21, Luke 8:16, Luke 11:33, Philippians 2:15, Matthew 6:1-2, Matthew 23:5, Matthew 9:8, Matthew 15:31, 1 Peter 2:11-12, John 3:30

Part 5: Conversations from 365 in the Word

1. Is there a specific prophet whose life and ministry stood out to you? Why and what did it teach you?
2. How do you see God moving in exile? How is he drawing his people back?
3. What promises do you see that point you toward Jesus?