



AUGUST 30-31, 2025

# CAPITAL CITY

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## 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, be intentional about frequently asking yourself the question, "What does love require of me?"

### Part 2: Conversations between you and God

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

1. As our habits for a life of impact move from internal reflection to looking at interpersonal relationships, how would healthy do you consider your closest relationships?
2. Do you find yourself to focus on your success, the success of others, or mutual success in your relationships?
3. What relationship do you need to demonstrate Christ like love in most? Pray and ask God for help.

### Part 3: Conversations with others

1. Frank challenged us to let love be the lens we see all of our relationships through. What are some practical ways we can do that as followers of Jesus?
2. Read John 13:34-35. How does our love for one another show the world that we are Jesus' disciples?
3. What are some examples that we can see from the life of Jesus of what it looks like to love another person well?

### Part 4: Scriptures to Meditate on This Week

Matthew 7:12, Matthew 22:34-40, John 13:34-35