



SEPTEMBER 6-7, 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, look for opportunities to pray the following Prayer for Meekness:

"Lord Jesus, my master, mighty and meek.

I follow you. Teach me to turn the other cheek.

Teach me to choose words with care, and to listen with generous attention.

Teach me righteousness and how to be angry rarely and with hesitation.

Teach me to desire what is holy, to value what is true, and to walk humbly and meekly with You."

Part 2: Conversations between you and God

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

1. How often is self-motivated anger showing up in your life? Take a moment to confess and repent to God. Then, ask him to help you grow in meekness.
2. When you think of the word meekness, what comes up for you? Do you lean in or resist? Talk to God about what you notice.
3. How/where is God inviting you to pursue meekness in your life right now?

Part 3: Conversations with others

1. What is culture's definition of meekness? What is the biblical definition of meekness? How do they differ?
2. Consider a few examples from Jesus' life including the woman at the well in John 4:5-26 and the man at the pool of Bethesda in John 5:1-15. How does Jesus exemplify the idea of seeking first to understand then to be understood?
3. Read James 1:19-21. How can we tell if our anger is human anger or righteous anger? How can we become people who are slow to anger?

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Part 4: Scriptures to Meditate on This Week

James 1:19-21, Galatians 5:22-23, Matthew 37:11, John 5:1-15, John 4:5-26, Ephesians 4:26, Psalms 103:8, Psalms 86:15