



SEPTEMBER 13, 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's practice Identify the story you are believing. Ask yourself;
What am I believing will finally make me happy, secure, valuable, or whole?
Write down the sentence beneath your behavior. What am I hoping this relationship, person, sex, marriage, or attention will give me?

Part 2: Conversations between you and God

1. Consider culture's view of love. What are some of the alternative stories that you see?
2. Consider God's view of love. How does it tell a different story than the culture's story?
3. Consider that the definition of love is: Love is a decision of the heart to will the good of another ahead of my own good, regardless of the cost. What is one practical way that you can will the good of the person you love this week?

Part 3: Conversations with others

1. What does Genesis 3:1 teach us about the enemy's tactics and also the way of our culture when it comes to the story we believe?
2. Look at Genesis 3:6-13. What are some of the patterns we see when sin distorts? How do those patterns show themselves when it comes to love?
3. What does 1 Corinthians 13:4-7 teach us about love and its purpose?

Part 4: Scriptures to Meditate on This Week

Genesis 2:18, Genesis 2:24, Matthew 19:4-5, Genesis 3:1, Genesis 3:6-13, 1 Corinthians 13:4-7, 1 John 4:9-10

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Part 5: Conversations from 365 in the Word

1. What do you notice about Job's friends and their response to Job? How might they have come alongside him instead?
2. What does Job's response to God teach us about bringing our pain to God?
3. What does God's response to Job teach us about his holiness?