



SEPTEMBER 14, 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, think of someone who typically sees things differently than you do. Take a moment to pray for God to give you respect, care, and better understanding with that person. Ask for an open mind, a heart willing to seek a third way, and for unity.

### Part 2: Conversations between you and God

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

1. God's design for unity unleashes greater kingdom effectiveness. Who are some people who you need to seek unity with?
2. Synergy values diversity and thrives on openness, trust, and collaboration. Are these characteristics ones that you also value or are these characteristics challenging for you to embrace?
3. Read Psalm 133. Ask God to give you a heart that seeks unity and harmony.

### Part 3: Conversations with others

1. Synergy is the idea that the whole is greater than each individual part. What are some practical ways we can be intentional about seeking synergy and unity with people who think differently than we do?
2. Read John 17:20-23. How does our unity multiply or effectiveness in sharing the gospel and amplify our witness for the Kingdom of God?
3. What does the church in Acts 2 teach us about unity? Why is unity for Christians even more important as the world becomes more divisive?

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

John 17, Psalm 133, and Acts 2