



SEPTEMBER 17, 2023

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, we're following Jesus' example in prayer. In Luke 22:42, Jesus prayed one of the most powerful prayers we can pray. "Father, ... not my will, but yours be done."

This week, let's consider areas of our lives that we can prayerfully submit to the will of God, knowing his will and his way are better

Part 2: Conversations between you and God

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

1. Do you believe God's way is better? Does your life show the fruit of that belief?
2. Read Mark 1:15. Is there an area that you'd like to rethink what you know and instead believe the story/vision Jesus offers?
3. Read Genesis 2:23-24. Consider the idea of "one flesh". Why would God have given this gift of oneness?

Part 3: Conversations with others

1. One of the themes this week is that God's way is better. Where do we see evidence of that truth as we look at the world around us and in our own lives? Where do we see signs that the world's way isn't working?
2. Frank listed ten areas where the world is telling us a story that differs from the story of scripture and the way of Jesus. Those were the stories about human beings, human nature, male/female, gender, sex, love, marriage, divorce, the Bible, and the meaning of life. Which one stood out to you the most and why?
3. Read Genesis 1:26-28. What does it mean to view one another as made in the image of God? How should that change how we relate to one another?