



SEPTEMBER 20, 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 think about the relationship(s) in your life that are dysfunctional. Ask God to begin to work on your heart to change the way you see that person. Ask for him to fill you with biblical love for that person.

Part 2: Conversations between you and God

1. Think about Frank's analogy of anger being like a check engine light on your car's dash board. Are there times when your warning light has come on recently? Take a moment to think about what might be under the hood causing that. Ask God to show you.
2. Where is one relationship you are keeping score? How can you let go of the need to keep score?
3. Sin doesn't stay inside us. What are some ways God invites us to deal with what is happening inside us?

Part 3: Conversations with others

1. What are some of the symptoms of dysfunctional love?
2. How is Biblical love different than dysfunctional love?
3. What can we learn about sin from the way God describes it in Genesis 4:6-7?

Part 4: Scriptures to Meditate on This Week

Genesis 4:1-9, Hebrews 11:4, Galatians 4:6-7

Part 5: Conversations from 365 in the Word

1. What can we learn from Job?
2. What can we learn from Job's friends?
3. What can we learn about God from the book of Job?