



SEPTEMBER 21, 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, set aside a Sabbath rest for spiritual renewal this week. Even if you aren't able to take a full 24 hours, carve out some time to be with God and provide space for wholistic renewal.

### Part 2: Conversations between you and God

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

1. Read Psalm 23. Spend a minute asking God how he might be inviting you to rest and be restored. Then, listen. Pay attention to what comes up in your mind as you sit with God.
2. Read Romans 12:2. God calls us to renew our mind through his Word and through the Holy Spirit. Where do you need God to renew your mind?
3. God renews those who rest in him. How can you prioritize resting in God through prayer, his word, and worship everyday this week? Consider adding it to your schedule each day to help you build a habit of rest.

### Part 3: Conversations with others

1. Read John 15:4-5. What does it mean to abide? What are some practices and habits that might involve?
2. We are often told that self-care is selfish. How does caring for our whole self well enable us to live a life of impact? Can you give one specific way you've seen this lived out well by someone?
3. The Four Dimensions of Renewal are Physical (exercise, nutrition, rest), Mental (reading, learning, thinking, writing), Emotional/Social (meaningful relationships, service, empathy) and Spiritual (our life with Jesus). Which are easy for you to prioritize? Which are the most challenging? What's one way God is inviting you to grow this week?

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## Part 4: Scriptures to Meditate on This Week

Luke 2:52, Matthew 11:28-30, Isaiah 40:29-31, Psalm 23:1-3, John 15:4-5, 1 Corinthians 6:19-20, 1 Timothy 4:8, Exodus 20:8-10, Mark 6:31, Romans 12:2, Philippians 4:8, Proverbs 1:5, Colossians 3:16, Ecclesiastes 4:9-10, Hebrews 10:24-25, 1 Thessalonians 5:11, John 13:34-35