CAPITAL CITY
PRACTICES & CONVERSATIONS

SEPTEMBER 24, 2023

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 are going to focus our attention on remembering God's guidance, provision, help, and presence by practicing a time of daily gratitude. Before you go to bed each night this week, think of five things that you can thank God for. Consider how he has guided you, provided for you, helped you, or been present with you throughout the day. Offer thanksgiving to God for these things.

Part 2: Conversations between you and God
Spend some time with God this week, considering these questions:

1. 1 Corinthians 7:3-5 talks about giving our whole self. In what way might God be asking you to give your whole self to your spouse? In what ways might God be asking you to give your whole self to him? Why would we do that? Talk with God about it.

2. The church is referred to as the bride of Christ. As a part of the bride of Christ, what might God be showing us about the community we should see within the church? What might he be trying to show us about our relationship with him. Talk with him about these things?

3. Do you find it difficult to live according to God's way when it is opposite of culture? Talk to God about the challenges you face in this area.

Part 3: Conversations with others

1. Marriage is the only relational container strong enough to sex. What aspects of marriage make it a healthy space for this kind of connection?

2. One of the major premises of this series is that God's way is better. What are some reasons we struggle to follow God's way even when we know it is better?

3. Read Isaiah 58:11. What are some milestones along your journey with Jesus where you can see that God has guided you, satisfied you, strengthened you throughout your life? How have those helped you trust in God's will and in his ways?