



SEPTEMBER 27, 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 evaluate where you spend your time, money, and energy (mental, emotional, and physical). Then, ask yourself, 'If someone were to only see these numbers and habits, would they determine my greatest priority to be the things of the earth or the things of above?'

Part 2: Conversations between you and God

1. After engaging in this week's practice, what do think gets the most of your time, money, and energy?
2. How might God be inviting you to invest differently in each of these areas?
3. Is there a sin and accompanying internal justification that God is inviting you to repent from and turn away from?

Part 3: Conversations with others

1. When you look at our culture, what are the things people give their time, money, and energy to? What do these priorities reveal about our culture?
2. How do we recognize when we are justifying a sin? What are some ways we can fight against that?
3. When you look at Paul's list of from the passage we studied in Colossians 3:1-17, what virtues are ones you've seen growth in? Where is God inviting you to intentionally grow?

Part 4: Scriptures to Meditate on This Week

Colossians 3:1-17

Part 5: Conversations from 365 in the Word

1. What have you learned from Daniel about how to live for God?
2. What can we learn about God's desire for obedience as we read about the restoration of the temple?
3. What can we learn about being faithful as we studied this week's reading?