



OCTOBER 5, 2025

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, take a joy inventory. Start a list and keep it somewhere where you can add it throughout the week. What are some of the reasons you can have joy? It might be helpful to think on some scriptural promises, on the character and nature of God, on the person of Jesus, on the blessings of the Christian life, etc.

Part 2: Conversations between you and God

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

1. Do you believe that God wants your happiness and that he longs to give you the desires of your heart? What does that look like in the life of a follower of Jesus?
2. In your life, who is an example of a joy filled Christian? What can you learn from the way they live?
3. Think about a trial in your life right now. How is God inviting you into a place where you have contact with the lost and/or a place you can help give courage to the saved? Ask God to help you not waste your hardship.

Part 3: Conversations with others

1. Look at James 1:2, 1 Peter 1:6-8, John 15:11, and Galatians 5:22. What are some of the differences between happiness and joy?
2. Read through Philippians 1:12-20. What do you notice about Paul's circumstances? What lessons can we learn from Paul about joy? How might these lessons impact your own life and situation?
3. When Christ is magnified, joy is multiplied. What are some practical ways that you fix your heart on Jesus in trials?

Part 4: Scriptures to Meditate on This Week

Philippians 1:12-20, 2 Corinthians 4:16, 2 Corinthians 8:1-2, James 1:2, 1 Peter 1:6-8, John 15:11, and Galatians 5:22