



OCTOBER 12, 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 an inventory of where your time, attention, and energy are spent. Look at your schedule, your expenses, relationships, and your habits. How is your love for Jesus Christ reflected in your day to day life? Talk with God about what you notice.

Part 2: Conversations between you and God

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

1. Paul says that to 'live is Christ'. Do you feel like your life is lived for Jesus, in Jesus power, and on mission for Jesus?
2. Who is one person in your life that you might be able to disciple so that fruit is produced for the kingdom of God?
3. What is one shift you might make in your life to focus more on Jesus?

Part 3: Conversations with others

1. Explain what Paul meant in Philippians 1:21 when he said, 'For me, to live is Christ. To die is gain.'
2. Elijah gave us four core areas to examine this week. They include thoughts, finances, habits, and relationships. Which of these areas are easiest for you to prioritize Jesus in? Which are hardest? Why?
3. Philippians 1:24-25 talks about how our life can be used to produce fruit in others lives. Who has influenced your walk with God?

Part 4: Scriptures to Meditate on This Week

Philippians 1:21-26, Galatians 1:20, 1 Corinthians 2:2, Hebrews 12:1-2