



OCTOBER 18, 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

In this week's practice, spend some time with God considering the following questions: "Am I living as though Jesus really is the Messiah?" If He is the Messiah, then I can stop trying to save myself and trust Him. "Am I living as though Jesus is the King?" If He is the King, then I must allow His word to challenge and reshape my life. "Am I living as if Jesus is the treasure?" If He is the treasure, then nothing else deserves the place that belongs to Him. "Am I living as if Jesus is Immanuel?" And if He is Immanuel, God with us, then I can follow Him with confidence, knowing that the King who calls me to this life also promises His presence along the way.

Part 2: Conversations between you and God

1. What are some ways you try to save yourself?
2. Why is the good news about Jesus good news to you?
3. Think of one person in your life who needs the good news? Is there a way to share the good news with them to meet them right where they need it most?

Part 3: Conversations with others

1. What does Matthew 1:21-23 tell us about who Jesus came to be and what he came to do? What does it mean to encounter Jesus as the Messiah, and why does it matter for our lives today?
2. What does it mean to encounter Jesus as King and Treasure, and how do we live lives under his rule today?
3. What does it mean to encounter Jesus as God with us, and how does it matter for our lives today?

Part 4: Scriptures to Meditate on This Week

Matthew 1:1, Matthew 1:21-23, Matthew 4:17, Matthew 4:17, Matthew 5:3-12, Matthew 5:43-48, Matthew 7:24-27, Matthew 8:1-3, Matthew 9:9-13, Matthew 11:28-30, Matthew 13:44-46, Matthew 28:20

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Part 5: Conversations from 365 in the Word

1. As we end the Old Testament, what are some of the biggest themes you noticed throughout?
2. What might God be doing in the 400+ years of waiting after the end of the Old testament writings?
3. Why do you feel so much hope as you begin the New Testament?