CAPITAL CITY PRACTICES & CONVERSATIONS

NOVEMBER 1, 2026

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, pray the Jesus prayer as a breath prayer when things feel overwhelming. On the inhale, pray, "Lord Jesus Christ, Son of God." On the exhale, pray, "have mercy on me, a sinner."

Part 2: Conversations between you and God

1. In what areas of life do you need to pray, "I can't, He can, I think I'll let Him."

2. How do you want Jesus to make you well.

3. What can you learn and apply from the story about Bartimaeus?

Part 3: Conversations with others

1. What does Luke 5:31-32 teach us about Jesus' ministry? Who is Jesus considering as "sick" and in need of healer?

2. When Jesus speaks of "being made well," what does that encompass?

3. How is Jesus as Healer good news to the lost.

Part 4: Scriptures to Meditate on This Week

Luke 18:35-43, Luke 5:31-32, Psalm 146:8, Luke 5:31–32, Mark 10:46, Luke 1:32, Luke 1:72, Isaiah 61:1-3, Luke 4:18, Luke 18:30

Part 5: Conversations from 365 in the Word

1. What have you learned about the character and nature of Jesus this week?

2. Which parable from this week's reading was most impactful and why?

3. How is God inviting you to be more like Jesus this week?