



NOVEMBER 9, 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, think about the life of Jesus. What are some of the characteristics you most want to use as a model for your own life? Make a list of all of the qualities and characteristics of Jesus that you can think of. What is one thing you can do this week to live more like Jesus?

Part 2: Conversations between you and God

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

1. Who are some of the people you are modeling your life after? What do they do that you want to emulate? Do they model their lives after Christ?
2. When you examine your own life, where are you tempted to seek your own interests rather than Jesus? Share this with Jesus.
3. When you examine your own life, what are you giving yourself to? What gets your time, energy, and attention? Talk to God about what you notice.

Part 3: Conversations with others

1. Elijah talked about how we need to increase our consumption of good models. What are some ways we can be sure we're taking in good things and patterning our lives after people who use Jesus as their model?
2. Read Philippians 2:21. How can the church and how can we as individual believers live counter-culturally in this area?
3. Read Philippians 2:29. Who is someone in your life who has served as a model of Christ-likeness? How can you honor them?

Part 4: Scriptures to Meditate on This Week

Philippians 2:19-30, John 3:30

