



NOVEMBER 16, 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, read Philippians 3:4-11. What is one thing that you would typically consume that you could set aside or fast from this week?

Part 2: Conversations between you and God

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

1. What are the things, both internal and external, that you are prone to feelings of pride or confidence in? Talk with God about those things and ask for a rightly ordered view of them.
2. Do you find it easy or difficult to acknowledge that your righteousness comes from Christ and not from your own works? Talk to God about your answer.
3. Are your minds influenced by the distractions of the negative influences which surround you? How can you keep your mind focused on the things of Christ and things that eternal value?

Part 3: Conversations with others

1. In Philippians 3:13-16, if perfection or maturity in Christ is a mindset, then what mental clutter would God invite you to rid yourself of?
2. In Philippians 3:17-18 and in 3 John 3:11, we're invited to live like Jesus as we imitate the way of Paul and of Jesus. What are some of Jesus' characteristics and qualities you'd like to exemplify more in your life?
3. Read Philippians 3:17-21. What is Paul saying here? How does this verse invite us to live in the Kingdom of God right now?

Part 4: Scriptures to Meditate on This Week

Philippians 3:1-4:1, John 4:23, Luke 9:62, Matthew 5:48, Matthew 19:21, 3 John 1:1, Romans 16:17-18, Romans 8:29