



NOVEMBER 23, 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 4:8. Is there a person, a situation, or a circumstance that is causing you to worry. Turn worry to worship. Instead of letting your mind be drawn to worry, think about who God is and offer him your praise and worship.

Part 2: Conversations between you and God

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

1. Think about the relationships in your life. Is there someone you need to make peace with? Ask for God's guidance and do what you can to bring peace to that situation. Have the hard conversation. Forgive. Seek unity and brotherly love, even if you are simply agreeing to disagree.
2. Has there been a time God has given you peace even in great trials. Take a moment to remember that gift and to thank God for it.
3. Frank gave three ways to pray: adoration, supplication, and thanksgiving. How often do you engage in each of these kinds of prayers? How can you build them into your prayer life more often?

Part 3: Conversations with others

1. We conquer worry and experience a secure mind when we focus on right praying, right thinking, and right living. Which of these areas are most challenging to you and why?
2. Right thinking is the result of daily meditating on the word of God. Read John 17:17, 1 John 5:6, and Philippians 4:8-9. How does daily scripture meditation help us to think rightly?
3. Read James 1:22 and Philippians 4:9. How does right living bring us peace and a secure mind? How is our right living helpful to others?

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Part 4: Scriptures to Meditate on This Week

Philippians 4:2-9, Matthew 6:7-8, Matthew 7:1-11, Hebrews 5:7, Romans 15:30, Colossians 4:12, Colossians 3:15-17, Ephesians 5:20, Luke 17:11-19, John 8:44, 2 Corinthians 11:3, Genesis 3:1, John 17:17, 1 John 5:6, Psalm 119:165, and James 3:17