



DECEMBER 21, 2025

# CAPITAL CITY

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## 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, make a list of the qualities you see in Jesus. Write down the characteristics you observe in his life, death, resurrection, and eternal reign. Then take a minute and offer God worship because those same characteristics are his as well.

### Part 2: Conversations between you and God

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

1. When you think of a good 'Father' what characteristics come to mind? How does Jesus show us these characteristics?
2. Do you make a distinction in your mind between the character and nature of God and between the character and nature of Jesus? In what ways have you imagined them to be the same? In what ways have you imagined them to be different?
3. Read Hebrews 1:3. Also consider Frank's statement that, "If it doesn't look like Jesus on the cross, then we've misunderstood God." How does these two truths help you to understand God's true character and nature?

### Part 3: Conversations with others

1. Why Jesus' unchanging nature offer us peace? Why is his quality as "everlasting" significant?
2. Read Isaiah 9:6. How does Jesus being described as "Everlasting Father" break the caricature of God as distant, angry, and impersonal?
3. Read John 14:6-11. In Christ we find a new father, a true father, and an everlasting father. How does knowing Jesus help you to better understand the character and nature of God?

### Part 4: Scriptures to Meditate on This Week

Isaiah 9:6, John 14:6-11, Hebrews 13:8, Hebrews 1:3, 1 Timothy 2:5