



# CAPITAL CITY

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# CHRISTIAN CHURCH

PRACTICES & CONVERSATIONS (SEPTEMBER 27/28, 2025)

*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 — Go All Out In Love**

This week, practice informed and overflowing love in your daily life. Let your love be rooted in wisdom and expressed through actions that glorify God.

Begin your day with this simple prayer: *“God, help me love with Your love today—overflowing, wise, and sincere. Help me grow in love that leads to truth, purity, and praise to Your name.”*

Practice intentional, Christlike love:

- **Pause before reacting** in frustration, and choose a loving response.
- **Encourage someone** specifically and personally this week.
- **Forgive** someone who has hurt you, even if they haven’t asked for it.
- **Pray** for someone you find difficult to love.
- **Serve someone quietly**, without seeking recognition.

## **Reflect:**

How does practicing love with wisdom and sincerity change how you see others?

What kind of “fruit” is being produced in your life when you live from a place of Christlike love?

## **Part 2: Conversations between you and God**

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

- Where in my life do I love superficially or selfishly?
- What would it look like to grow in knowledge and discernment in my love?
- How is God shaping my heart to love more like Jesus?
- Am I working together with others in a spirit of grace?
- What kind of “fruit” do I want my life to bear through Christ?

## **Part 3: Conversations with others**

- What does it look like to “go all out in love” in your current season of life?
- Have you ever experienced love that was both wise and overflowing? What impact did it have?
- How does Paul’s love for the Philippians challenge or encourage you?

- Which part of Paul's relationship with the Philippians (mind, heart, prayer) do you most relate to right now?
- What kind of fruit do you hope to see from your love for others?
- Which of the these three do you need to focus on this week: Go together in the gospel, go together in grace, or go together for God's glory?

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

**Philippians 1:1–11** — Paul's prayer of love and spiritual growth.

**John 15:12–13** — Love one another as I have loved you.

**1 Corinthians 13:1–7** — The way of love.

**Romans 5:5** — God's love poured into our hearts.

**Galatians 5:22–23** — The fruit of the Spirit includes love.

**Colossians 3:14** — Love binds everything together in perfect unity.