



SUMMIT
— C H U R C H —
DIRECTION FOR THE JOURNEY



SERMON DISCUSSION GUIDE

September 20, 2026 | CALM – Steadfast in the Storm



GROWING CLOSER TOGETHER _____

1. What is something that can instantly irritate you – even if you know it probably shouldn't?
2. Think about a time when someone's kindness or compassion instantly changed your demeanor, mood, or day. Share about it with the group.



MESSAGE REFLECTION _____

1. What is something from this week's message that stuck out to you, challenged you, or encouraged you?
2. Do you agree that our society is becoming "a culture of contempt"? How have you observed this playing out?
3. What are some specific ways you've seen how anger can cross the line and transform into sin?
4. When are the moments when you feel the emotion of anger gaining control of your thoughts, choices, or attitude?
5. Why do you think slander is not often considered a sin?
6. Do you have trouble having compassion in the Biblical sense of that word? Why do you think that is?
7. How can the world manipulate our compassion and why is it important for us as Christians to cultivate compassion?



GOING DEEPER

READ **2 Samuel 6:12-23** together.

1. What is something that jumps out at you from this passage?
2. What do you notice about Michal's response when she sees David celebrating before the Lord?
3. What does Michal's response reveal about the way she viewed David?
4. How can our pride, expectations, or personal preferences cause us to respond to someone else's sincere worship or obedience with criticism or contempt?
5. What is the difference between *disagreeing with someone's actions* and *looking down on them as a person* – and how does assuming we know their motives feed that shift?
7. David was willing to look undignified before others in order to be fully obedient to God, while Michal was more concerned with how it looked. Where do you see that same tension in your own life – one specific area where you're tempted to prioritize comfort or reputation over full obedience to God?



YOUR NEXT STEP

Choose **one**. Only do the other “next step” option if you feel led to engage this topic deeper.

☐ **Do a “Contempt Inventory.”** Ask God to reveal one person you may be viewing with contempt, and write down what you believe about that person, including any assumptions you’ve made about their motives. Then pray for God to help you see them with compassion.

☐ **Pray through Genesis 4:6–7 each day this week.** Ask God to show you where anger, pride, jealousy, or hurt could take control of you, and ask him to help you respond with self-control and compassion.



PRAYING TOGETHER

Take time to share burdens and pray for one another.