



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



SERMON DISCUSSION GUIDE

September 27, 2026 | CALM – Week 2: Meekness over Rage



GROWING CLOSER TOGETHER _____

1. What is a **simple** thing that always makes your day **better**?
2. What is a quality you **admire** in other people that you wish came more naturally to you?



MESSAGE REFLECTION _____

1. What is something from this week's message that **stuck out** to you, **challenged** you, or **encouraged** you?
2. When was a time that you did something foolish because you were under the influence of a fit of rage?
3. Do you sometimes feel like a "victim of your emotions"? How can understanding our feelings help us to redirect them?
4. Does it seem that gentleness and meekness are looked down upon by many Christians? Why do you think that is?
5. How does a biblical understanding of **meekness** change your perspective on what it looks like to be a follower of Jesus?
6. To whom do you sometimes give "the reins of your heart"?
7. Is it hard for you to give God control of your life? Why is that? What are some specific ways we can practice putting ourselves under the guidance and control of the Holy Spirit?



GOING DEEPER

READ **Matthew 11:28–30** together.

1. What do you notice about how Jesus **describes himself** in these verses?
2. Why do you think Jesus connects coming to him with finding **rest**?
3. What do you think it means that Jesus is “**gentle and humble in heart**”? How is that different from weakness?
4. If meekness is strength under control, what does that tell us about what Jesus is calling us to **become**?
5. What does a **yoke** suggest about how to learn meekness? Is it something we achieve **alone** or something we learn **alongside him**?
6. How does allowing Jesus to **rule** our hearts change the way we respond when we are angry, frustrated, or wronged?
7. What might **change** in your relationships, families, workplaces, or church if you consistently responded to others with the meekness Jesus **modeled**?



YOUR NEXT STEP

*Choose **one**. If you want to go deeper, try both.*

- ☐ **Practice a prayer of meekness.** Each morning this week, ask Jesus to help you recognize when anger is beginning to control you and respond with his strength, gentleness, and self-control.
- ☐ **Choose a situation where you regularly lose your temper.** Before responding, pause and pray, “Jesus, help me respond like you,” and intentionally choose a meek response.



PRAYING TOGETHER

Take time to share burdens and pray for one another.