



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



SERMON DISCUSSION GUIDE

October 11, 2026 | CALM - Week 4: Perpetual Offense



GROWING CLOSER TOGETHER _____

1. What is one of your all-time **favorite movies** and why?
2. What is something you **enjoy** doing that helps you **slow down**, calm your mind, and **relax**?



MESSAGE REFLECTION _____

1. What is something from this week's message that **stuck out** to you, **challenged** you, or **encouraged** you?
2. In what ways does **Jonah** remind you of yourself or of our culture today?
3. How is God **very different** than Jonah? How does God's omniscient, eternal, perspective change how He reacts?
4. James 1:20 says: *anger does not produce a righteous life*. Have you found that to be true in your own life?
5. Do you ever find yourself wanting others to **be patient** with you, but not being very patient with others? Why is patience so hard to acquire?
6. The **common causes of anger** are just that – common. We've all struggled with them. Which do you struggle with?
7. What might happen if we began to consider **being offended** as a scandal? A deadly trap?



GOING DEEPER: WHAT IF WE ARE ANGRY WITH GOD?

READ **Habakkuk 1:2-4; 2:1-4; 3:17-19** together.

1. What is something that **jumps out** at you from these verses?
2. What was Habakkuk **frustrated** about, and what do you learn from the **honest** way he brought that frustration **to God** rather than walking **away from him**?
3. Why can **waiting** on God be **difficult**, particularly when we don't like what we see happening? (see 2:1)
4. What do you notice about **God's response** to Habakkuk in 2:2-4? What does this tell us about **God's perspective** compared to our own?
5. By chapter 3, Habakkuk's circumstances **haven't changed**, but his **response** has. What might it look like for you to **trust God** similarly, even when you don't understand what he's doing?



YOUR NEXT STEP

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

- ☐ **Write a Habakkuk-style prayer.** Three short parts. First, a complaint: What you're frustrated about or what you don't understand. Second: what will you do while you wait on God? (2:1) Third, a declaration: "*Yet I will rejoice in the Lord...*" (3:17-18), finish the thought in your own words.
- ☐ **Keep an offense log this week.** Each time you feel irritated or offended, write it down on your phone or paper. At the end of the week, look back over your list. Which offenses were really worth the effort you gave them? What do you notice about your underlying reasons or expectations that caused the anger?



PRAYING TOGETHER

Take time to **share** burdens and **pray** for one another.