7 SIGNS | CROSSING THE SEA

John 6:16–21 · November 8, 2026

SOUTHRIDGE DISCUSSION & PRACTICE GUIDE

01 READ

The disciples are caught in a *sudden* storm, far from shore, without Jesus. When he comes to them walking on water, his presence frightens them. But then he speaks: "It is I; don't be afraid" — the same words God used with Moses and Joshua. The true sign isn't the walking on water; it's what happens when the disciples warmly receive him into the boat: *immediately*, they're home. Jesus is eager to meet us in our own "suddenly" moments and bring immediate rescue the moment we let him in. (Watch message recap.)

> *"But Jesus said to them, 'It is I; don't be afraid.' Then they were willing to take him into the boat, and immediately the boat reached the shore where they were heading."*
>
> John 6:20–21

02 REFLECT

- What's your "suddenly" these days — something that has come out of nowhere and thrown you off balance? If nothing comes to mind recently, what about past experiences?
- The disciples were already afraid, and seeing Jesus at first made them more afraid, not less. Has turning to Jesus in a hard moment ever felt that way for you — unsettling before it felt like help? What aspects of following Jesus sometimes feel unsettling for you?
- Jesus simply said, "It is I; don't be afraid," and that was enough for the disciples to welcome him in. What does it look like to let Jesus' presence be enough, even before your circumstances change?
- The moment the disciples received Jesus into the boat, they were immediately at the shore. Where in your life right now do you most need to simply let Jesus in and immediately begin being who Jesus wants to and is able to be for you?

03 RESPOND

- Name your storm: Identify the "suddenly" you're facing right now, and bring it honestly to Jesus in prayer this week instead of trying to row through it alone.
- Warmly receive him: Each day this week, pause for a moment and simply say, "It is you, Jesus — I don't need to be afraid," and notice what shifts.

Come back ready to share where you invited Jesus into your storm this week, and what happened.