



Ride or Die 2 – On the Sea of Anxiety Spiritual Formation Guide

We hope you'll use this guide to take the teaching from Sunday's service and reflect on it with a few friends or with a group. If you have questions or want to talk more about how to take a next spiritual step, contact us at info@wschurch.org.

Scripture:

Then Jesus got into the boat and started across the lake with his disciples. ²⁴ Suddenly, a fierce storm struck the lake, with waves breaking into the boat. But Jesus was sleeping. ²⁵ The disciples went and woke him up, shouting, "Lord, save us! We're going to drown!"

²⁶ Jesus responded, "Why are you afraid? You have so little faith!" Then he got up and rebuked the wind and waves, and suddenly there was a great calm.

²⁷ The disciples were amazed. "Who is this man?" they asked. "Even the winds and waves obey him!"

Matthew 8:23-27

"Teacher, don't you care if we drown?"

Mark 4:38

"Do not let your hearts be troubled. Trust in God. Trust also in me."

John 14:1

"I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."

John 16:33

Reflection Questions:

- Imagine you're on a long journey with God; what's the landscape like where you are today (peaceful and serene, challenging uphill hiking, stormy sea, or something else)?
- What stood out to you from Sunday's service? How did you sense God at work in you through the songs, the message, and being together with others as part of the church?
- Read this quote from Charles Spurgeon, "I have learned to kiss the wave that throws me against the Rock of Ages." We must choose how to respond to God amid the inevitable pain and suffering in life. Do you wrestle with this perspective?
- Read the story in Matthew 8:23-27. How do you react to this story?

- Read the disciples words in Mark 4:38. Then, read Jesus' words in John 14:1. What emotions do you observe in each of their words?
- Imagine Jesus with you, asking you the question, "Why are you afraid?" How would you answer him? (If you're not ready to share out loud, write down your answer.)
- Two takeaways that Eddie shared with us in his message:
 - Riding with Jesus does not eliminate life's storms.
 - What Jesus desires most from you is your trust.Which one challenges you?
- Do you sense God calling you to do anything in response to this message?

Looking for some ways to grow and be stretched spiritually? Check out our highlighted resources at www.wschurch.org/resources. These resources can be purchased using the links or are available for a small donation at the Next Steps area on Sunday mornings.