

## **Headwind**

n/a

### **Ready:**

After this, the Lord appointed 70 others, and He sent them ahead of Him in pairs to every town and place where He Himself was about to go. — Luke 10:1

### **Set**

Bicycle touring is a favorite hobby of mine. There's just something satisfying about hitting the open road on a bike. You pack your bags, check your tires, fill your water bottle, and start pedaling. A sense of adventure takes over as you venture through the countryside, visit small towns, and work up a good sweat exercising. It's great fun.

As much as I love to hit the road on my twenty-one speed, leg-powered contraption, there is one thing about bicycling that is not fun—headwind. Pedaling into a headwind is one of the worst experiences a cyclist can have. With every rotation of the wheels, the wind pushes you back. A headwind takes all the energy you can muster, and nearly sucks the life out of you. It tires you and steals the joy of a pleasant ride. There is a cure for headwind called “drafting.” A riding buddy blocks the wind while you follow close behind. As the two of you take turns riding ahead, each rider gets a much-needed rest.

The Lord Jesus Christ understood the principle of drafting. When He sent His disciples out to do the work of ministry, He deliberately sent them two by two. He knew they would run into problems. Spiritual headwinds awaited them, and they would have to learn how to draft for one another. As we walk with Christ, it's important for us to understand the need for a buddy. We need others around us who know us well and who care about the things we face. Sooner or later, the trials will come, and we will need a buddy to draft for us. Relationships with godly people are vital to your spiritual health. Are you building a friendship with someone today?

### **Go**

1. Describe a time in life when you felt alone?
2. Who are your “riding buddies”?
3. Make plans this week to meet with two or three “riding buddies.”

### **Workout**

Extra Reading: 1 Samuel 18:3–4; Ecclesiastes 4:9–12

### **Overtime**

Lord, help me make good decisions about the friends I choose. Show me how to find

fellowship with other believers in my life. As a friend to them, show me how to build them up in You. Amen.



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