

## **Staying in the Draft**

### **Ready:**

"...one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus."

-Philippians 3:13-14

### **Set**

In cycling, riders will follow closely behind the cyclist in front of them to decrease the effects of wind resistance. This is called drafting. Drafting allows for faster speeds at an easier effort level. When drafting, you fix your eyes on the back tire of the cyclist in front of you. This requires you to have a great deal of trust in the rider in front of you to pick a straight line, keep a steady pace and to point out pot holes and debris on the street.

The other day, I was practicing drafting my husband, and I found that I prefer to sit just off the left of his tire where I can gain some advantage of the draft but not fully follow his lead. In this position, I can see upcoming road conditions for myself. (Though, I must note that he is an excellent rider and is very easy to follow.)

As I noticed my tendency to sit off his left, I thought about how I often do the same as I follow Christ. I will sit just enough off to the side to try and dictate my own course, but stay close enough to Him to enjoy the benefits of walking in His grace. For example, when things get tough I find peace knowing He is in control, but I often try and smooth the path on my own. What I really need to do—what we all need to do—is to keep my eyes on God, trusting fully that He will lead me where I need to go and guide me through the pot holes along the way.

### **Go**

1. What do you focus on when following Christ? To borrow from the cycling analogy, we need to keep our eyes on His back tire, trusting that He will take us where He needs us to be.
2. If we can trust another cyclist with the course of our daily ride, how much more should we trust our perfect God who has plans for us? His plans are better orchestrated than a smooth pack ride could ever be!
3. How much trust do you put in others throughout the day? Think about this the next time you get in the car!

### **Workout**

Jeremiah 29:11  
Proverbs 3:5-6  
Proverbs 16:9  
Matthew 6:33

**Bible Reference:**  
Philippians 3



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