

## **DNF**

### **Ready:**

“He comforts us in all our affliction, so that we may be able to comfort those who are in any kind of affliction, through the comfort we ourselves receive from God.” – 2 Corinthians 1:4

### **Set**

Alexey Lutsenko, the Kazakh-born professional cyclist, wept as he abandoned Stage 17 of the 2024 Tour de France only four stages from the finish. Weeks before, he abandoned the Giro d'Italia – consecutive grand tours, consecutive DNFs. With the camera focused on him, the announcer commented he would need consoling.

As I watched, I was reminded of the prior month when I straddled my bicycle — alone, feet on the ground, head down, completely spent, defeated. With only 11 miles left in a 123-mile ride, I didn't make the summit – DNF.

No athlete wants DNF by their name. Until last month, I never had one. Then, it happened. Many times before, I coached and encouraged cyclists, but never had I needed to coach myself.

God promises to grow us through all experiences. Considering that, I've pondered and evaluated my DNF from numerous angles. I continue to ask God what He would have me learn. Two such thoughts follow, and I am certain He'll reveal more over time.

First, I watched Lutsenko with a completely different perspective. I feel his pain and I long to be able to encourage him. God has provided me with a new way to relate. 2 Corinthians 1:4 tells us that we are allowed to suffer so we can encourage others when they suffer. Although I will probably not be able to comfort Lutsenko, it's reasonable to expect opportunities to comfort others in similar circumstances. I must be ready.

Second, the Bible tells and shows us that Jesus is both fully God and fully human. Since He is fully God, He knows everything. Since He was fully human, He can relate to our human experiences. Therefore, He can relate to our pain and provide us comfort. We can trust Him in that.

### **Go**

- What challenges has God allowed you to experience?
- How do you evaluate those challenges considering His promises?
- How can you encourage others with those lessons?

### **Workout**

2 Corinthians 1:3-7

Romans 8:26-28

John 1:1-18

## **Overtime**

“Father, we recognize that everything we experience is known to You. We ask that You give us insight into evaluating those experiences so we can grow closer to You and our fellow man. In Jesus’ name, Amen.”



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