

SPECIAL SERIES FOR  
  
BIKE  
RIDERS



*Boasting on this fantastic adventure.*



## 01

## HOW IT ALL BEGAN

## BIKE HISTORY - SIN HISTORY

We never forget our first bike do you remember yours? Has any marked your life by leaving a scar? It is part of our childhood and development to learn to ride a bicycle without the training wheels.

But do you know who invented the bike? Where and when did the first pedaling on two wheels happen? Bicycle is a word that is originally from the Greek, bi (two) and Kyklos (wheels). In French bicyclette, and English bicycle was adapted in Portuguese as a bicicleta.

In century XV the inventor Leonardo da Vinci elaborated bicycle projects that never were executed. It was in Paris, France in 1818, that the first SKINNY was born, which was called the "wooden horse", because it was built of wood.

In 1840 it gained pedals that were connected directly to the rear wheel, like a children's tricycles today, so far it had neither pedals nor chains. The chain system connected to the wheel, as we see today, came in 1874, giving greater stability and safety to the bicycle.

Very similar to what we see today, with handlebars, rub-



ber tires, frame and pedals was the work of an English inventor in 1880, and arrived in Brazil in 1898.

Today bikes have a lot of technology like; electronic camera systems, materials that are lighter and more resistant and it can cost thousands of dollars; some cost more than many new cars.

Knowing some of the history allows us to have more clarity of our past and present; and what we are and have today. Have you ever wondered how our planet began? Who created it and why are we here? The origin of evil and if there is life after death?

We begin today a fascinating trail on the origin, purpose and future of humanity. At every "pedaling" you will discover a breathtaking view of the history's greatest creator: God. Take the manual (bible) and let's start this journey:

## 1. Who created the planet Earth?

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*In the beginning God created the heavens and the earth. Genesis 1:1*

*Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. Isaiah 40:28*

## 2. How did mankind originate?

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*So God created mankind in his own image, in the image of God he created them; male and female he created them. God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground." Genesis 1:26, 27*



### 3. How did evil come about?

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*You were anointed as a guardian cherub, for so I ordained you. You were on the holy mount of God; you walked among the fiery stones. You were blameless in your ways from the day you were created till wickedness was found in you. Your heart became proud on account of your beauty, and you corrupted your wisdom because of your splendor. So I threw you to the earth; I made a spectacle of you before kings. **Ezekiel 28: 14,15 and 17***

*Then war broke out in heaven. Michael and his angels fought against the dragon, and the dragon and his angels fought back. But he was not strong enough, and they lost their place in heaven. The great dragon was hurled down—that ancient serpent called the devil, or Satan, who leads the whole world astray. He was hurled to the earth, and his angels with him. **Revelation 12: 7-9***

The greatest creator of the universe, God, designed us. We have his image and likeness, and we were born to live forever. Evil has come as an intruder, but in the next lesson we'll figure out how to escape it.

Isn't awesome knowing our origin and discovering that we have a creator who cares about us? Just as a bicycle is designed in the smallest details, our Creator cares about every detail of our life, and more, he knows our history and desires our happiness.

On the trail of our life we will climb mountains, go through rock-gardens (rocks and roots) and maybe even fall. But our builder will be there as a support car to help us out, get us over and even load us if it need so. Therefore pedal to the end!



#### Recommended Reading

Genesis 1 and 3; Revelations 20





Pexels

02

## THE BEST TRACK OF HISTORY

CHRIST - CALVARY

Regardless of your modality we always have our favorite paths. Usually beautiful places have the most remote and limited access. What is your favorite track? Do you have any track or location that marked you in any way?

It is certainly never easy to reach your destination! High climbs, obstacles along the way, hard down hills require a lot of concentration and physical effort. But your sacrifice is compensated either with a beautiful landscape or that moment spent pedaling with your friends.

Have you ever wondered what is the best track in history? Or what is the best bike path? In the west of Germany, RS 1 was inaugurated, the first super bike path, a kind of bicycle automobile, that connects six cities.

In the Netherlands there is a super solar bike path, where the floor is made of solar panels that generate energy and at the same time serve as a path. In South Korea there are more than one thousand miles of bicycle paths, and in Spain there is even a bicycle tunnel.

For those who like to pedal single-track there are real



paradises amid landscapes. And for adventurers in Santiago de Chile, there is the world's longest downhill course, which starts at over three thousand meters high and has 14.4 km (8 miles) inclination, rock- gardens and an extremely technical path.

But the best track in history, starting from a place higher than the highest peak in the world, which demanded the greatest of all sacrifices, was not made on a bicycle but on a wooden cross.

## 1. What was Christ's mission coming down to earth?

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*"He himself bore our sins" in his body on the cross, so that we might die to sins and live for righteousness; "by his wounds you have been healed."* **1Peter 2:24**

*He was despised and rejected by mankind, a man of suffering, and familiar with pain. Like one from whom people hide their faces he was despised, and we held him in low esteem. Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed. We all, like sheep, have gone astray, each of us has turned to our own way; and the LORD has laid on him the iniquity of us all. He was oppressed and afflicted, yet he did not open his mouth; he was led like a lamb to the slaughter, and as a sheep before its shearers is silent, so he did not open his mouth.* **Isaiah 53: 3-7**

## 2. What motivated God to sacrifice himself for you and me?

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*For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life..* **John 3:16**



### 3. What is our part in salvation?

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*Whoever believes in the Son of God accepts this testimony. Whoever does not believe God has made him out to be a liar, because they have not believed the testimony God has given about his Son.*

**1 John 5:10**

*And, once made perfect, he became the source of eternal salvation for all who obey him;* **Hebrews 5:9**

From the highest place heaven, Jesus came down to earth to fulfill his mission. He walked the painful path, and climbed the Calvary and completed the best course in history, for it was through him that salvation came to us today.

The next time you pedal, whether on a path, road, or trail, remember that no hard climb or down hill will be more painful than that our Savior suffered in our place. Know that He has lived our struggles and will always be ready to help us in every circumstance.



## Recommended Reading

Isaiah 53



03

## IMPORTANT SIGNALS

### URBAN CYCLING SAFETY TIPS - RETURN OF JESUS

Have you ever used a bike to go to school or work? Have you relied on it as a mean of transportation? Do you know how to safely ride on streets where cars, motorcycles and buses dispute for space?

The bicycle is one of the most efficient and healthy means of transportation that exists today. Some of the world's great cities have discovered how this transportation can solve many of today's problems such as urban mobility, congestion, global warming, pollution, fossil fuel shortages, and health problems associated with obesity and sedentary lifestyle.

Some tips can help you ride around safely in cities:

- Use bike lighting. The light should be flashing to attract the drivers' attention.
- Do not ride on the opposite direction. This myth has been accepted for some time but today it is proven to be very dangerous. For some reasons: A pedestrian who will cross the street usually only looks at the direction the vehicles is coming, a car that will enter a street, or



leave a garage or parking space, will not see you. A bike collision against a vehicle could be fatal.

- Stay away from parked vehicle doors.
- Ride to the right of the road.
- Before crossing in front of a vehicle make a visual contact to make sure you have been seen.
- Signal your conversion and obey traffic signals.

Speaking of signs they are very important to be followed correctly and safely. The bible speaks of some important signs that could give us security and protect us from deceit and false teachers.

## 1. What promise Jesus made for us?

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*Do not let your hearts be troubled. You believe in God; believe also in me. My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. **John 14:1-3***

*Look, I am coming soon! My reward is with me, and I will give to each person according to what they have done. **Revelation 22:12***

## 2. What are the signs that Jesus is coming back to fulfill His promise?

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*As Jesus was sitting on the Mount of Olives, the disciples came to him privately. "Tell us," they said, "when will this happen, and what will be the sign of your coming and of the end of the age?" Jesus answered: "Watch out that no one deceives you. For many will come in my name, claiming, 'I am the Messiah,' and will deceive many. You will hear of wars and rumors of wars, but see*



to it that you are not alarmed. Such things must happen, but the end is still to come. Nation will rise against nation, and kingdom against kingdom. There will be famines and earthquakes in various places. All these are the beginning of birth pains. "Then you will be handed over to be persecuted and put to death, and you will be hated by all nations because of me. At that time many will turn away from the faith and will betray and hate each other, and many false prophets will appear and deceive many people. Because of the increase of wickedness, the love of most will grow cold, but the one who stands firm to the end will be saved. And this gospel of the kingdom will be preached in the whole world as a testimony to all nations, and then the end will come. **Mathew 24:3-14**

### 3. Why has not Jesus kept his promise yet?

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*The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance. Q*

Just as traffic signs help us to be safe as we move around in cities, the signs of Jesus' return are our guarantee that God is in control of the history of this world. And you, are you sure of the direction you've been going? Do you realize how the signs of Jesus' return are already being fulfilled? We soon will be safe and sound from the dangers of this world.



## Recommended Reading

Mathew 24





04

## ON YOUR OWN

MODALITIES - SPIRITUAL GIFTS

What kind of bike do you like the most? Do you prefer to ride in the city, on the road or in the mountains? Do you prefer riding for competition or leisure? Would you choose a weekend ride or pedaling hundreds of miles against the clock?

There are several types of bikes and many modalities. At the 2012 London Olympics, for example, there were 20 races in various modalities. They can basically be broken down like this:

- Urban - those used for small distances in cities.
- Road (Speed) - are lightweight and prioritize performance on paved roads.
- BMX and Dirt - used for competition, and they are specific for these modalities.
- Mountain Bike - bicycles designed for trails of all kinds.

Mountain bikes can also be divided into subcategories, which are basically:

- Cross Country (XC) - Can be rigid on frame or double suspension with little stroke, up to 120mm, used on mi-



ted terrain.

- Cross Country (XC) - Can be rigid on frame or double suspension with little stroke, up to 120mm, used on mixed terrain.
- Trail - Double suspension from 130 to 150mm. Used on multiple courses and rough terrain. They are good for mountain trails.
- Enduro - They are good for technical trails and were made to face mountains downhill. They use a double suspension of 150 to 180mm.
- Free ride - Ideal for parks, they are tough and good for jumps. They use double suspension of 160 to 200mm.
- Downhill - Specific for mountain descents with obstacles, jumps and rock gardens. They use a double suspension with more than 200mm.

There are many types of bicycles, and each one has their own preferences according to their personalities. The Bible speaks of different kinds of gifts or talents, and how these talents are important in a Christian's life.

## 1. What are the different types of gifts compared to?

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*For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others. We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; **Romans 12: 4-6***

*Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. **1 Corinthians 12:12***



## 2. What are some of the gifts that God gives to His followers?

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*And God has placed in the church first of all apostles, second prophets, third teachers, then miracles, then gifts of healing, of helping, of guidance, and of different kinds of tongues. Are all apostles? Are all prophets? Are all teachers? Do all work miracles? Do all have gifts of healing? Do all speak in tongues? Do all interpret? **1 Corinthians 12:28-30***

*We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; if it is serving, then serve; if it is teaching, then teach; if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully. **Romans 12:6-8***

## 3. What is the greatest of all gifts?

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*And now these three remain: faith, hope and love. But the greatest of these is love. **1 Corinthians 13:13***

It is only by pedaling that we discover what modality we like best and it is only by living and participating in the activities recommended in the Bible that we will discover what our gift is. Our friends will also help us find out what gift God has given us. There are also tests that can help you find out, keep calm and be cool, do not worry, it will be natural and enjoyable to find out what your gift is, you just have lead to let yourself to it and get ready to work.



### Recommended Reading

1 Corinthians 13





05

## THE RIGHT EQUIPMENT

### PEDAL EQUIPMENT - CHRISTIAN ARMOR

Have you ever had a bike accident? When you were a child did you fell or get hurt? Do you know any friends who were seriously injured in a bicycle crash? Have you considered the risks of pedaling without the necessary equipment?

Each sport requires an amount and variety of protective equipment for the greater safety of the rider. It is true that perhaps most amateurs, enthusiasts and sporadic cyclists do not take this seriously, as they always think that no accident will happen.

Some modalities are strict in the use of protective equipment, such as Downhill, Enduro, BMX and Dirt Jump. Other modalities prioritize performance and end up sacrificing protection. Following are the main safety equipment available to cyclists in the most varied types:

- Helmet - it can be the basic type, or more open as used in the enduro; or more resistant used in downhill, the one that protects the whole face.
- Gloves - with opened or closed fingers.



- Knee pads - very important. They should be used in most modalities.
- Elbow pads
- Cervical protector - mandatory in the most extreme modalities of Mountain Bike.
- Waistcoat – protects chest and back.
- Glasses
- Appropriate footwear - with or without clip.
- Appropriate clothing.

For casual cyclists, helmets are essential for protection. A glove also makes a lot of difference on a longer ride. Do not be afraid to exaggerated, it is better this way than suffer the painful consequences of an accident. The Bible presents a series of safety equipment for those who want to follow Jesus; do you know what they are? It is a true armor; to protect you and help you attack in the war against evil. Let's find out!

## 1. Why should we wear the armor of God?

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*Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.* **Ephesians 6:10-13**

## 2. List each piece of equipment that is part of God's weapon:

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*Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet*



*fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.*  
**Ephesians 6: 14-17**

### **3. How often should we pray and keep watch?**

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*And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.* **Ephesians 6:18**

Not wearing a protective gear can leave a cyclist vulnerable and bring serious consequences and even death in a more serious accident. Therefore, unprotected, it is also a person who decides not to use God's weapon. And the best news is that, unlike the protective equipment of cyclists, which is very expensive, God's armor is free, or rather; it was purchased by Him when He gave His life for each one of us. So just use it!



## **Recommended Reading**

I Peter 1





06

## DEATH RISK

Every sport or physical activity carries injury or accidents risks, and cycling is no different. Knowing the risks, it is the best way to avoid any unpleasant occurrence or any serious injury.


The American Medical Association (JAMA) in the U.S.A published a study in which an increase in injuries and hospitalizations related to cycling among adults from 1998 to 2013 was reported. The reported injuries increased by 28% and 120% resulting hospitalizations. There was also a 40% increase to 56% of accidents that occurred on the streets. Even with these risks, the author of the study said that the benefits of cycling to the cardiovascular system and other health benefits outweigh the risks.

The study on these results by MATTHEW J. THOMPSON, M.B., CH.B, and FREDERICK P. RIVARA, M.D., M.P.H. of the University of Washington School of Medicine, Seattle, Washington, presents some interesting data.

### Risk factors:

1. Male cyclist
2. Age between 9 and 14 years



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3. Riding Late afternoon and early evening
  4. Not wearing a Helmet
  5. Car involved
  6. Unsafe environment
  7. Cyclist with psychiatric disorder
  8. Alcohol and other drugs poisoning
  9. Competitions

**Cause of accidents:**

1. Loss of bicycle control
2. Attempt to perform difficult maneuvers
3. High speed
4. Inexperience
5. Obstacles like Gravel on the track
6. Driver's Failure of the vehicle involved
7. Mechanical problems

Most fatal accidents are caused by collisions with other vehicles, so all care and the use of safety equipment when pedaling along with cars, buses and trucks it is utmost importance.

Do you know anyone or any story about a bicycle accident? Probably yes, or it may have happened to you, even a small fall that left some marks on your knees or elbows.

We do not like to talk about it, but we always live with the fear of death, whether it is our own or some dear one. It is very painful to lose someone we love and live with. The



risks of death are innumerable in almost everything we do or even fail to do; even today physical activity is one of the death risk factors. What does the Bible say about death? Is there any good news about this?

## 1. How did death come along and who won it?

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*And the LORD God commanded the man, "You are free to eat from any tree in the garden; but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die." Genesis 2:16-17*

*Therefore, just as sin entered the world through one man, and death through sin, and in this way death came to all people, because all sinned For if, by the trespass of the one man, death reigned through that one man, how much more will those who receive God's abundant provision of grace and of the gift of righteousness reign in life through the one man, Jesus Christ! Romans 5:12 and 17*

## 2. What happens to us after death?

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*For the living know that they will die, but the dead know nothing; they have no further reward, and even their name is forgotten. Their love, their hate and their jealousy have long since vanished; never again will they have a part in anything that happens under the sun. Ecclesiastes 9: 5 and 6*

*After he had said this, he went on to tell them, "Our friend Lazarus has fallen asleep; but I am going there to wake him up." His disciples replied, "Lord, if he sleeps, he will get better." Jesus had been speaking of his death, but his disciples thought he meant natural sleep. So then he told them plainly, "Lazarus is dead, John 11: 11-14*



### 3. Is there hope beyond death?

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*Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who have no hope. For we believe that Jesus died and rose again, and so we believe that God will bring with Jesus those who have fallen asleep in him. According to the Lord's word, we tell you that we who are still alive, who are left until the coming of the Lord, will certainly not precede those who have fallen asleep. For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever. Therefore encourage one another with these words.* **1 Thessalonians 4: 13-18**

*The wall of the city had twelve foundations, and on them were the names of the twelve apostles of the Lamb.* **Revelation 21:14**

It is good to know that death is just an unconscious sleep waiting for Jesus' return. Jesus overcame death when He died to replace us in our condemnation and now we can choose if we want to live eternally. Just as in cycling we need to know the risks and even the possibility of death, much more when we speak of life or eternal death, knowing the risks of losing our salvation is the key to make right choices. What about you, have you made your choice?



#### Recommended Reading

Revelation 21





Pexels

07

## BIKE PARKS


### SANCTUARY

Have you ever ridden at a bike park? Have you ever had the opportunity of knowing one or more parks? Did you know that they are growing in our country and maybe there is one near by your city? I will not mention any here, but just look for bike parks on the internet and you will find out where they are located and how to get there.

In countries where there are snow-capped mountains, bike parks run in summer time, sharing the same spot with winter ski resorts. This helps a lot because on summer time the ski lifts used in winter to rescue skies, takes bicycles in the summer.

Here in Brazil, even though there are no snow mountains, there are many bike parks and every year there are new options, from the simplest one to the most famous and well known. The advantage of a well-maintained structure it is comforting for the rider. Well-cared tracks, technical and accident support makes the cyclist feel confident and securer.





The best bike park in the world is in Whistler, Canada; the dream of many cyclists is one day to pedal there. There are hundreds of tracks, for all tastes and levels. But if you want a closer country with excellent bike parks, Chile is the best option in South America. There are dozens of bike parks with lifts and all the necessary structure, for all tastes and mountain biking levels.

Nothing like a specific and safe place to train and get evolved in this sport. The Bible speaks of a place where you can know in a simple and at the same time profound way, of God's plan of salvation, I speak of the Sanctuary.

The Sanctuary connects all biblical teachings and illustrates in detail how God performed His plan to rescue the human being. Let study the Bible to know a little more about this sacred site!

## 1. Who designed the Sanctuary and for what was it made for?

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*Then have them make a sanctuary for me, and I will dwell among them. Make this tabernacle and all its furnishings exactly like the pattern I will show you.* **Exodus 25:8-9**

## 2. Who is the Highest Priest who intercedes for us?

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*Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.* **Hebrews 4: 14-16**



Now there have been many of those priests, since death prevented them from continuing in office; but because Jesus lives forever, he has a permanent priesthood. Therefore he is able to save completely those who come to God through him, because he always lives to intercede for them. Such a high priest truly meets our need—one who is holy, blameless, pure, set apart from sinners, exalted above the heavens. Unlike the other high priests, he does not need to offer sacrifices day after day, first for his own sins, and then for the sins of the people. He sacrificed for their sins once for all when he offered himself. For the law appoints as high priests men in all their weakness; but the oath, which came after the law, appointed the Son, who has been made perfect forever. **Hebrews 7:23-28**

### **3. Where is the Sanctuary? Where is Christ ministering today? What will He do next?**

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Now the main point of what we are saying is this: We do have such a high priest, who sat down at the right hand of the throne of the Majesty in heaven, **Hebrews 8:1**

It was necessary, then, for the copies of the heavenly things to be purified with these sacrifices, but the heavenly things themselves with better sacrifices than these. For Christ did not enter a sanctuary made with human hands that was only a copy of the true one; he entered heaven itself, now to appear for us in God's presence. Nor did he enter heaven to offer himself again and again, the way the high priest enters the Most Holy Place every year with blood that is not his own. Otherwise Christ would have had to suffer many times since the creation of the world. But he has appeared once for all at the culmination of the ages to do away with sin by the sacrifice of himself. Just as people are destined to die once, and after that to face judgment, so Christ was sacrificed once to take away the sins of many; and he will appear a second time, not to bear sin, but to bring salvation to those who are waiting for him. **Hebrews 9:23-24**



How comforting it is to know that we have an intercessor who is currently doing everything to save us. Jesus is in the Heavenly Sanctuary and when he finishes his work there he will return to fulfill his promise.

The earthly Sanctuary was only a miniature of the true Sanctuary in Heaven, and the ritual that was taking place was an illustration of the great salvation plan, for every lamb's sacrifice, it pointed to the true Lamb of God who takes away the sin of the world.



## Recommended Reading

Exodus 37






## CYCLIST COMMANDMENTS

All sports have essential rules for the safety and good performance of their activities and athletes. Whether collective or individual sports these basic rules protect and levels up categories to be equally worldwide.

In cycling, each category has its own rules, but let's take a look at some of the most important rules for a safe and recreational ride.

1. You will not disrespect the pedestrian, as you did not want drivers to disrespect you.
2. You will not ride against the opposite traffic. A few years ago it believed that this practice gave more vision to the cyclist, but besides being an infraction more accidents can happen riding against the opposite traffic.
3. Do not let a side a good meal before long rides. Do not use stimulants or drugs to improve your performance because your body will suffer in the future.
4. Remember to wear protective gear. Do not go out without a helmet and depending on the ride category use a knee brace, a vest and a cervical protector. Most serious accidents happen first on the head.



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5. Take care of your bike by doing preventive maintenance and using quality parts. Using cheap parts can be expensive afterwards, and there is nothing worse than losing a pedal because of mechanical problems.
  6. Do not forget to drink water during the pedal. Take water in abundance and hydrate yourself constantly.
  7. Do not use your bike just for leisure. How about going to work on a bike if it's possible? Or go grocery shopping, go to the bakery or the bank whenever possible.
  8. Do not think about pedaling just as a physical activity or a means of transportation. Try to make this activity enjoyable. So invest in your bike and equipment.
  9. Do not give up. Be persistent in training, respecting your limits, but with willpower.
  10. You will not covet your neighbor's bicycle. It does not matter if your bike is simple, heavy and old. The most important thing is to pedal.

These are the cyclist commands, they are very important for your protection and the maintenance of the sport. How about knowing God's commandments for you?

## 1. Who wrote the Ten Commandments and to whom was it given?

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*When the LORD finished speaking to Moses on Mount Sinai, he gave him the two tablets of the covenant law, the tablets of stone inscribed by the finger of God. Exodus 31:18*

## 2. What are the Ten Commandments?

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10. \_\_\_\_\_

***"You shall have no other gods before me.***

***"You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them;*** for I, the LORD your God, am a jealous God, punishing the children for the sin of the parents to the third and fourth generation of those who hate me, but showing love to a thousand generations of those who love me and keep my commandments.

***"You shall not misuse the name of the LORD your God, for the LORD will not hold anyone guiltless who misuses his name.***

***"Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work,***

*but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.*

***"Honor your father and your mother, so that you may live long in the land the LORD your God is giving you.***



***"You shall not murder.***

***"You shall not commit adultery.***

***"You shall not steal.***

***"You shall not give false testimony against your neighbor.***

***"You shall not covet your neighbor's house. You shall not covet your neighbor's wife, or his male or female servant, his ox or donkey, or anything that belongs to your neighbor."** Exodus 20:3-17*

### **3. Who should keep the Ten Commandments?**

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*If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. John 15:10*

*If you love me, keep my commands. John 14:15*

The Ten Commandments were made by our Creator, no one better than HIM to tell us what we should or should not do. Pedaling without liking it is much more complicated than it seems. In the same way love must precede the keeping of the commandments. How about you? Are you willing to receive God's protection by keeping his commandments?



## **Recommended Reading**

Psalms 119





09

## THE RIGHT FUEL

When we buy a vehicle it is essential to know the best fuel for the engine in order to work well. In this case, our body is the motor of a bicycle, so our physical condition will determine the performance of the pedal.

Some tips for getting a good performance on the pedals:

1. Do not eat exaggeratedly before pedaling.
2. Do not use of stimulants, you will suffer dearly later.
3. Fruit and cereal are excellent before and during a pedal.
4. Keep yourself hydrated during your activity.
5. Good nutrition and abstinence from alcohol and smoking are essential.

In addition, your bike needs maintenance daily. There is nothing worst than have your bike broken during your ride or workout. Some basic and essential tips for the proper functioning of your equipment:

1. Have an air pump with the calibration pressure mark at your disposal. Follow the manufacturer's recommen-



dition that is clearly visible on the side of the tire. An empty tire harms the bicycle scroll and the stability and risk of punching a tire is greater.

2. Check if the chain is lubricated. Only use bicycle lubricants sold in stores. There is a lubricant for dry track and for rainy days.
3. Avoid washing your bicycle, washing makes it necessary to lubricate, as water and soap remove the grease and lubricants from the components. When cleaning or washing, avoid jets of water with pressure in the components with bearings and seals, such as hubs and suspension.

Just as good maintenance will make all the difference in your bikes' functioning, our body also needs care to work well and for a longer time. Did you know that the Bible teaches us to take care of our body? That's right, our Creator, God, left a list of recommendations of what to eat or not to eat, how to dress and other necessary things for our life. Let's learn some of them!

## 1. What principle should guide our dressing code?

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*Our beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight. 1 Peter 3:3-4*

*I also want the women to dress modestly, with decency and propriety, adorning themselves, not with elaborate hairstyles or gold or pearls or expensive clothes, 1 Timothy 2:9*

## 2. What kind of beverage should we not use?

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Now see to it that you drink no wine or other fermented drink and that you do not eat anything unclean. **Judges 13:4**

Wine is a mocker and beer a brawler; whoever is led astray by them is not wise. **Proverbs 20:1**

**3. What are the animals that God forbade us to eat because HE considered them unfit for our consumption?**

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[...] You may eat any animal that has a divided hoof and that chews the cud. " There are some that only chew the cud or only have a divided hoof, but you must not eat them. The camel, though it chews the cud, does not have a divided hoof; it is ceremonially unclean for you. The hyrax, though it chews the cud, does not have a divided hoof; it is unclean for you. The rabbit, though it chews the cud, does not have a divided hoof; it is unclean for you. And the pig, though it has a divided hoof, does not chew the cud; it is unclean for you. You must not eat their meat or touch their carcasses; they are unclean for you. " 'Of all the creatures living in the water of the seas and the streams you may eat any that have fins and scales. But all creatures in the seas or streams that do not have fins and scales—whether among all the swarming things or among all the other living creatures in the water—you are to regard as unclean. And since you are to regard them as unclean, you must not eat their meat; you must regard their carcasses as unclean. Anything living in the water that does not have fins and scales is



to be regarded as unclean by you. " These are the birds you are to regard as unclean and not eat because they are unclean: the eagle, the vulture, the black vulture, the red kite, any kind of black kite, any kind of raven, the horned owl, the screech owl, the gull, any kind of hawk, the little owl, the cormorant, the great owl, the white owl, the desert owl, the osprey, the stork, any kind of heron, the hoopoe and the bat. 'All flying insects that walk on all fours are to be regarded as unclean by you. There are, however, some flying insects that walk on all fours that you may eat: those that have jointed legs for hopping on the ground. Of these you may eat any kind of locust, katydid, cricket or grasshopper. But all other flying insects that have four legs you are to regard as unclean. 'You will make yourselves unclean by these; whoever touches their carcasses will be unclean till evening. Whoever picks up one of their carcasses must wash their clothes, and they will be unclean till evening. " 'Every animal that does not have a divided hoof or that does not chew the cud is unclean for you; whoever touches the carcass of any of them will be unclean. Of all the animals that walk on all fours, those that walk on their paws are unclean for you; whoever touches their carcasses will be unclean till evening. Anyone who picks up their carcasses must wash their clothes, and they will be unclean till evening. These animals are unclean for you. " 'Of the animals that move along the ground, these are unclean for you: the weasel, the rat, any kind of great lizard, the gecko, the monitor lizard, the wall lizard, the skink and the chameleon. **Leviticus 11:3-30**

Our Creator worried about our food, as parents we worry about our children food, it is an act of love and care. How good is it to take care of the things we like, should not we take care of our bodies? Can you commit yourself to follow God's recommendations to have a healthy body?



## Recommended Reading

Leviticus 11





Pexels

10

## DO NOT SPOT PEDALING

Have you ever lost your breath when you pedaled with a very heavy gear? Have you lost your nerve when you tried to change the gear in the middle of a hill? Knowing how to change a bike gear and how to use them correctly is as important as having strength in your legs. Too much force with the wrong gear will make you waste your energies.

When they made up bikes with exchanging gear, having one with 18 gears was fantastic! They were evolving and they had 33 speeds. But the current trend for mountain bikes are highlights with a crown and 11 speeds in the cassette to relieve weight and make the system simpler and more functional. If you are thinking of buying a new bike, buy it already in this setup.


For beginners here are some important tips:

1. Light gear for climbs, heavy gear for speed.
2. Try to relieve the force on the pedal when you shift gears on a climb.
3. In ratios that use 2 or 3 crowns, avoid using small crown with small ratchets and large crown with large ratchets, this will save the system.



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4. Each mode has its peculiarities, in Downhill bikes for example, the relationship always aims at gaining speed and resumed, never used for climbs. On BMX only one gear is used.
  5. Keep the gearbox clean and lubricated. Use specific products and perform preventive maintenance to avoid further damage and unnecessary expenses.

Before leaving for a longer pedal, you should practice shifting gears in flat places. In this matter practice is irreplaceable, it is just like learning how to change gears in a car.

Just as having a lot of strength, but not knowing how to use it. It will make you lose your energies; we also need to know how to measure our efforts. In addition, every athlete knows the importance of rest between training sessions, so we also need to rest from our everyday routine and activities. For this God has the solution, let's check in His manual!

### **1. What does God say about working too much? What is His promise to His loved ones?**

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*Unless the LORD builds the house, the builders labor in vain. Unless the LORD watches over the city, the guards stand watch in vain. In vain you rise early and stay up late, toiling for food to eat— for he grants sleep to those he loves. Children are a heritage from the LORD, offspring a reward from him. Like arrows in the hands of a warrior are children born in one's youth. **Psalm 127:1-4***

*To the person who pleases him, God gives wisdom, knowledge and happiness, but to the sinner he gives the task of gathering and storing up wealth to hand it over to the one who pleases God. This too is meaningless, a chasing after the wind. **Ecclesiastes 2:26***



## 2. Who instituted a weekly rest and what day was it chosen?

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*By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done. **Genesis 2: 2-3***

*"Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy. **Exodus 20: 8-11***

## 3. Is it necessary to keep the Sabbath day or was it abolished when Jesus came?

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*Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them. For truly I tell you, until heaven and earth disappear, not the smallest letter, not the least stroke of a pen, will by any means disappear from the Law until everything is accomplished. Therefore anyone who sets aside one of the least of these commands and teaches others accordingly will be called least in the kingdom of heaven, but whoever practices and teaches these commands will be called great in the kingdom of heaven. **Matthew 5: 17-19***

*For whoever keeps the whole law and yet stumbles at just one point is guilty of breaking all of it. **James 2:10***

To obey God's commandment and rest on Sabbath is a privilege and it shows our recognition to the sovereignty of God! Therefore we renew our strength, we keep ourselves healthy, and we become Christ followers.



*Keep my Sabbaths holy, that they may be a sign between us. Then you will know that I am the LORD your God.” Ezekiel 20:20*

How is your life rhythm? Are you able to spend enough time with your family? Can you exercise, as you would like? In fact, most people today live at a frenetic pace, always seeking more money and power. But God provided us a solution so that our life would be more pleasant and the unbridled rhythm would be broken: The Sabbath Day Rest!

This is the day to meet God and spend time before Him. In order not to stop pedaling, resting will always be indispensable between training sessions, so in our lives do not miss out this rest.



## Recommended Reading

Mathew 12:1-12





# 11

## THE RIGHT CHOICE

Choosing the right bike to start pedaling can make all the difference in your motivation to keep pedaling. The temptation to buy a cheaper bike can be the cause of a demotivation, since bad equipment will make everything more difficult and uncomfortable.

Some criteria should be considered to choose the right bike:

1. Its size and physical characteristics. There is a process of adequacy called Bike Fit. Specialized stores will analyze your size, biotype, and other physical features to choose and adjust your bike components for your comfort and a better performance.

Some bicycle brands already have different lines of equipment for men and women, considering the physical differences between genders. When there is not such an adequacy in pedaling, it is more difficult, uncomfortable, and discouraging for a beginner to the sport. Simple things like adjusting the saddle and using the correct gear can be the reason not to continue training.

2. Your style. Just like clothing, haircut, color choices are individual issues, pedal style follows into the same line.



Some cyclists prefer to pedal on paved streets, others on mountain trails, some on bicycle paths, and so on. Buying a mountain bike to pedal on the asphalt is like buying a regular car to use in a racetrack, the right car on the wrong lane.

What is your style? Is it Urban or rural? Is it asphalt or dirt? Flat trails or mountains? Is it Traditional or radical? Keep these questions in mind before choosing your bike so you do not risk buying the wrong one.

3. Your pocket. There is no miracle in this matter. Good equipment with durable and well-functioning parts is expensive. You do not have to buy the most expensive bike for good performance, but there is a minimum required for a safe, comfortable pedal that will motivate you to continue practicing. Choose a well-known brand in the market.

Once you choose the right bike. A hint to keep you motivated is to ride with a friend or in a group. Almost every neighborhood or city has someone who likes to pedal and only an invitation is missing. Today everyone is aware of the need to practice exercises.

Choose the right bike it is as important as the first pedaling. In our life, our choices determine our destiny, and some choices can have eternal consequences. One of them is about religion, not as an institution, but as a lifestyle and personal relationship with God. Take a look on what the Bible has to say about some choices.

### 1. Why is repentance so important to God?

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*Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.* **Acts 3:19**

*Peter replied, "Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit."* **Acts 2:38**

## **2. What decision should we make to be saved?**

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*Whoever believes and is baptized will be saved, but whoever does not believe will be condemned.* **Mark 16:16**

*And now what are you waiting for? Get up, be baptized and wash your sins away, calling on his name.* **Acts 22:16**

## **3. Why is an urgent decision about salvation is so important?**

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*Very truly I tell you, whoever hears my word and believes him who sent me has eternal life and will not be judged but has crossed over from death to life.* **John 5:24**

*Just as Moses lifted up the snake in the wilderness, so the Son of Man must be lifted up, that everyone who believes may have eternal life in him. For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.* **John 3:14-16**

Have you ever made a wrong decision in your life and paid dearly for it? Have you suffered from wrong choices? On the other hand, think about the right choices, how did they help you? Did it make you happier? If in the smallest choice we make, there is a great difference in our present and future, imagine a wrong choice in the most important



time of our life when it comes to salvation! Baptism is the right decision for salvation. Baptism does not save, but it's the right path you have chosen to walk.

How good is to get on your bike, follow the right path and get to the planned destination! Much more exciting is to follow the path of salvation and reach most desired destination by those who believe in the Bible: The Promised Land. What about you? Do you want to follow Jesus?



## Recommended Reading

John 3



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