

# THE BIG PEDAL

EXERCISE. REFLECTION. WELLNESS.





# CONTEXT

Welcome to this special resource which has been created specifically with **THE BIG PEDAL** in mind.

The resource is designed to be flexible enough to be used in a variety of different contexts and settings. It might be that you choose to work through the 'FIT' (Focus, Implement, Time) headings over the course of a week as you journey through **THE BIG PEDAL**, do one once a week or even once a month, depending on what suits you individually, or others, if you are journeying with a group of people.

How you fit the material around your cycling or within your time is up to you: it could be that you spend time reading and reflecting on the scripture before you start your ride, then afterwards, spend time reflecting on the three questions as part of your daily your wellness, but there's no right or wrong way.

If you're cycling on a stationary bike, you may even be able to work through the questions whilst you ride!

For each heading there are three P's - Pause, Pray, Prepare.

These points are designed to help you practically and intentionally take the content beyond the session, linking with the heading and an element of the scripture as well as your bike!

There is no set time frame for how long you should spend on each element of the resource. Equally, it might be that you only focus on one question, or that your conversations may lead you on to further questions not included as the discussion develops with others, allowing your discussions to impact your exercise, faith and wellness in your every day lives and not just within your time together.

We pray that this material enhances your journey with God, helps you to connect your cycling and your faith in a way you perhaps have never done before, and encourages you anew to share your 'story' of faith with others.



**TRUST**



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**PLACE YOUR TRUST IN THE ETERNAL; RELY ON HIM COMPLETELY; NEVER DEPEND UPON YOUR OWN IDEAS AND INVENTIONS. GIVE HIM THE CREDIT FOR EVERYTHING YOU ACCOMPLISH, AND HE WILL SMOOTH OUT AND STRAIGHTEN THE ROAD THAT LIES AHEAD.**

**PROVERBS 3:5-6 (THE VOICE)**

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# FOCUS



# 1

## PAUSE

Before you get on your bike today, focus on something you need to place in God's hands.

What do you need to trust him with today?

# 2

## PRAY

As you cycle with your hands on the handlebars, pray that God will loosen your grip on the things you need to give over to him.

Hold everything in your hands lightly, otherwise it hurts when God pries your fingers open.

# 3

## PREPARE

Look around you and take notice.

What opportunities might God be laying in front of you? What can you do about them?

Remember the simple things that make you smile as you seek new opportunities.



# IMPLEMENT



# 1

## PAUSE

During your ride today, stop at a point where you would normally keep going. How has God helped you reach this point?

Take the time necessary to reflect, consider and then move forwards.

# 2

## PRAY

Pray for regular prompts that will remind you that all that you achieve is through God's grace.

God's grace isn't some fluffy church phrase that has no substance, it's powerful, life changing and it's so much like Jesus.

# 3

## PREPARE

Write out or print the bible verse from this resource and keep it with your bike. Commit to reading it each time you cycle.

How might this impact you?

The Holy Spirit empowers us to achieve our God-given goals!



# TIME



# 1

## PAUSE

As you finish your ride today, reflect on what you've achieved. What was easy/ what was challenging?

Consider how you protect the time you spend exercising/ looking after your health & well-being.

# 2

## PRAY

Pray into any challenges you're facing right now.

Pray for God's timing in straightening the road ahead.

If it doesn't challenge you, it doesn't change you!

# 3

## PREPARE

Is there someone else you know facing challenges just now?

Commit some time to praying for them and/or calling them to ask if you can support them in some way

Don't limit your challenges, challenge your limits.