

Just like

Riding a Bike

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There it was, right in front of me: two thin wheels connected by a metal frame, with a skinny seat perched on top. This new, shiny bicycle seemed like a massive leap from the big wheel I was used to whipping around the neighborhood. Straddling it for the first time was both exhilarating and terrifying. It felt unnatural, and even at five years old, I understood that there was a real risk—I could fall and get hurt.

We often hear the phrase, "as easy as riding a bike." This expression is meant to suggest that something is simple to learn, and once you know how to do it, it becomes second nature. While it's true that once you've mastered the skill of riding a bike, it becomes automatic, this isn't the experience for most people learning to ride for the first time. I've seen children who are absolutely terrified the first few times they try, and I've witnessed more than a few broken arms to prove that things can—and do—go wrong. So, "easy as riding a bike" is not always a "walk in the park."

The process of learning to ride a bike isn't just about understanding the physics of motion and balance; it's about experience.



The learning happens almost unconsciously as your body begins to “get it.” And once you learn how, it becomes a memory embedded deep in your brain—something you’ll never forget.

As I thought about this learning process, I remembered the four pieces of advice I gave my daughter when she climbed onto her bike for the first time. These lessons have since become guiding principles in my life whenever I venture into something new, stepping outside my comfort zone.

Keep Your Eyes Focused on Where You Want to Go

It sounds so simple, yet it's so powerful. When you focus your eyes on where you want to end up, the bike naturally follows. Your mind and body coordinate to adjust your balance and direction accordingly. But when fear creeps in, we tend to focus on the obstacles—the things we want to avoid. I’ve seen it happen countless times: “I don’t want to hit that light post,” yet my eyes stay locked on it. And then—SLAM—right into the light post I go.

“Therefore, if you have been raised up with Messiah, keep seeking the things above—where Messiah is, sitting at the right hand of God. Focus your mind on things above, not on things on the earth.” — Colossians 3:1-2

God often calls us to step into big, seemingly impossible tasks. Like when Yeshua called Peter to step out of the boat and walk on water.



Peter could do it—as long as his focus was on Yeshua. But the moment he shifted his attention to the wind and the waves, he began to sink.

Discipline yourself to keep your eyes on the goal and, most importantly, on Yeshua. Your spirit, mind, and emotions will align with Him if He has your full attention.

Keep Pedaling

It seems counterintuitive, but it’s much easier to stay upright on a bike when you keep pedaling. Momentum helps maintain your balance and direction.

If you slow down, the bike starts to wobble, making it harder to stay upright. Speed creates stability and makes the journey smoother.

This principle applies to life as well.



When we start to coast or take it easy, things in our lives can become unstable. Temptations we thought we had overcome might begin to resurface. It's not about rushing through decisions, but about moving forward with intention and purpose. There is a difference between coasting through life and thoughtfully evaluating your next steps.

“Brothers and sisters, I do not consider myself as having taken hold of this. But this one thing I do: forgetting what is behind and straining toward what is ahead, I press on toward the goal for the reward of the upward calling of God in Messiah Yeshua.” —Philippians 3:13-14 TLV

Keep pressing on. Keep moving forward. When you do, you'll find that everything becomes easier, with renewed grace and strength to meet life's challenges.

You Will Fall; Learn How to Fall Well

It's unrealistic to think that you'll never fall—in biking or in life. When you do fall, there are ways to minimize the impact. Wear a helmet, steer toward the grass, and don't slam your feet down in a panic. When you fall, don't let it discourage you. Every stumble is an opportunity to learn and grow.

In life, too, we will face failures and setbacks due to sin or the pain of trauma and loss. The key is how we handle them. Do we turn to God in our pain, or do we let our failures lead us into more despair? How we respond can determine whether we recover or fall deeper into hopelessness.

“For though the righteous one may fall seven times, he gets up again, but the wicked stumble in adversity.” —Proverbs 24:16 TLV

If you're in a season of failure, don't stay down. Get back up, not in your own strength, but with God's help. Lean on trusted friends or loved ones for support. Getting back on track is essential for a life filled with purpose and joy.

I Will Be Here to Help You

These words made all the difference to my daughter. Knowing I would be there

to catch her gave her the courage to try and the reassurance that, even if she fell, she wouldn't be alone. We all need that kind of support when we step into the unknown.

When we have the encouragement of others, it feels like there's nothing we can't accomplish. And when setbacks come, we will go through them together.

“Adonai upholds all who fall and raises up all who are bowed down.” —
Psalms 145:14 TLV

“Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you. Surely I will help you. I will uphold you with My righteous right hand.” —Isaiah 41:10
TLV

One of the enemy's most common lies is that God has abandoned us. But that is farthest from the truth. Yeshua promised His disciples that He would be with them always, even to the end of the age. His presence is still with us today through His Holy Spirit!

When we invite God into every area of our lives, the Holy Spirit comes alongside us—to empower us to try, to comfort us when we fail, to restore us when we stumble, and to guide us to victory.

So go out with faith to do what God has put in your heart to do! It's just like riding a bike.


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Editor in Chief



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