

Listen to the cadence

Read Psalms 46:6-11... *(10) Our God says, "Calm down, and learn that I am God! All nations on earth will honor me." (CEV)*

There are two types of people in BMX when it comes to gate starts. There are those who watch the lights and those who listen for the cadence. I myself am one of those that listen to the cadence. I have tried to watch the lights but it does not work for me.

I remember being on the gate one day during a race. I was on the far outside away from the gate and the speakers. I still remember that day like it was yesterday. Mike Liotti was one lane over from me, Paul cliffton on the other side of him. As I was clipping in, we were all three talking trash to each other. I was telling them I would wait at the finish line for them and of course they were telling me the same. I still hadn't clipped in yet and was having trouble getting my right foot to lock into the pedal. As I was working to get the dirt out of the cleat that had gotten in there I stood up to say something to Mike and Paul and the gate dropped. Since I was not expecting it to drop right then I fell off my bike as everyone else took off down the front straight.

I had learned a very valuable lesson that day when it comes to being on the gate...be QUITE and listen! Sure, I could say Mike and Paul were talking to me, the speaker was turned down to low but ultimately it was because I was talking and not listening the way that I should!

The next moto was quite different. I got on the gate, got clipped in, set my crank arms and then went to my quiet place. While on the gate I tuned out everything going on around me and I mean everything. I didn't listen to the guys talking, the crowd or even the music. I was quite and focused everything on listening for the cadence. I heard it start, the beeps, then bam the gate dropped and snap, I got out of the gate and down the front straight in first. This happened because I was quite and listened for the cadence.

I realized, just as I missed my gate that day because I was not quite and listening, many times we miss hearing from God because we are not quite and still. In Psalms 46:10 we are told to calm down. The original Hebrew word "Raphah" means to be quite, cease, relax or refrain. How often are we quite with God? Do we stop doing "Stuff" and "things" and give God our undivided attention? Do we just "relax" and "refrain" we are spending time with God? When we follow Jesus' example of getting away as He did so many times, we are able to "calm down" and really listen to God. Just as in my second moto that day when I listened to the cadence and had a great gate we need to focus and just listen for God.

Points to Ponder

- We need to give glory to God because He deserves it
- We need to "calm down" and realize God is in control
- God is with us and will take care of us

Additional Readings

Psalms 27:7-14; Exodus 14:10-14; Psalms 9:1-10