

## Are you ready for clips?

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**Read Ephesians 6:10-18...** *(15) and your feet shod with the preparation of the gospel of peace*

At first when you start racing you realize that you always have to wear a helmet. While you can ride on the track with shorts and a t-shirt during practice you cannot ride without a helmet at all. Making you wear a helmet is of course is for your safety. After you ride for a while and begin to get faster you may even begin to wear additional gear like elbow pads, knee pads, body armor a neck brace and so on. This of course is in hopes of not being hurt when you crash.

Once you are ready to be competitive you may now start riding clips. I still remember when everyone rode flats and only a very few rode clips. In fact I still remember when there was controversy about whether people was going to be able to ride clips or if everyone was going to have to stay on flats.

When you go to clips you immediately go faster. Now not only can you push on the pedals but you also get to pull up on the pedals also. One thing I like about clips is the fact that you don't slip pedal any more. When you are clipped in you are basically stuck to your bike!

As we look at this we see a couple of similarities between starting to ride clips and having our "feet shod with the preparation of the gospel of peace." First the word shod means to "bind on", in other words they are stuck. Just like our clips to the pedals. Second we see that our clip shoes are heavy duty and also protect our feet. The Roman sandals that they used were much like brass boots to protect there feet.

Most bible scholars take one of two views on the purpose of the sandals mentioned here. The first is that of Christians need to be prepared to share the Gospel. The second is that Christians need to be prepared to walk in the ways of the Lord. I myself take a third view on the sandals. That is that we should be prepared to both share the Gospel and walk in the ways of the Lord. If you are walking in the ways of the Lord then you will also be prepared to share the Gospel with others.

### **Points to Ponder;**

- Once you become competitive you may go to clips, once you grow in your walk you will begin to tell people about Jesus

### **Additional reading;**

Isaiah 52:7-12; Romans 10:12-21; Psalm 10:12-18; Luke 1:68-79

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