

## DISCIPLESHIP SERIES

### HOW TO BE A DISCIPLE: The Bicycle of Discipleship

Restoration Fellowship | Renae Roehrs

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#### What is a Disciple?

*A disciple is someone who follows so closely that they begin to look, think, and live like the one they are following.*

*"Students (disciples) are not greater than their teacher. But the student (disciple) who is fully trained will become like his teacher." — Luke 6:40*

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#### Everyone in this world is a disciple of someone or something. Whose disciple are you?

The average American spends 7+ hours a day on our screens. We are all being disciplined by our feed.

- **Social media** — teaches us to compare and covet
- **News** — teaches us to fear and divide
- **Entertainment** — teaches us to be consumers and to drift and compromise

#### The heart and Attitude of a True Disciple:

*"Whatever were gains to me I now consider loss for the sake of Christ. What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord." Philippians 3:7–8*

#### ANALOGY: The Bicycle of Discipleship

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##### 1. The Frame — Your Identity in Christ (Foundation)

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The frame is what holds everything together. It does not spin. It does not move. It just is. Your identity in Christ is the foundation every discipline, every practice, every act of worship rests on. We don't ride the bicycle to earn the frame. We ride because the frame is already ours.

2 Corinthians 5:17, Ephesians 2:10, Galatians 2:20, Romans 8:1, Colossians 3:3, 1 Peter 2:9, John 1:12, Romans 8:17

##### 2. The Back Wheel — The Disciplines (Power)

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The back wheel is where the power goes. It represents the spiritual disciplines — the practices and habits that generate momentum in your walk with God.

*Prayer, fasting, Bible study, Bible memorization, solitude, silence, meditation, journaling, fellowship, community, confession, Sabbath, accountability, praise.*

You can have a frantically spinning back wheel and still go nowhere without the front wheel. But a flat back wheel means no forward motion at all.

1 Thes. 5:17, Psalm 119:105, Matthew 17:21, Acts 2:42, 2 Timothy 3:16–17, 1 Timothy 4:7–8, Hebrews 10:24–25, Mark 1:35, Colossians 3:16, Joel 2:12

##### 3. The Front Wheel — Intimacy with Jesus (Direction)

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The front wheel steers. You can pedal with everything you have, but if the front wheel is wobbly, you will end up somewhere you never intended to go. The front wheel is your intimacy with Jesus — your daily communion, your listening, your love for Him that makes you want to follow where He leads.

John 15:4–5, Matthew 4:19, John 10:27, Luke 10:42, Psalm 27:4, Song of Solomon 2:4, Jeremiah 29:13, Psalm 63:1, Revelation 2:4

#### **4. The Handlebars — The Word of God (Correction)**

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What connects your hands to that front wheel? What do you actually grip in order to steer? The handlebars. And the handlebars are the Word of God. Let go and you wobble. Grip tight and the direction becomes clear.

Psalm 119:105, Joshua 1:8, Hebrews 4:12, John 17:17, Matthew 4:4, Romans 10:17, Isaiah 40:8, 2 Timothy 2:15, Psalm 119:11, Colossians 3:16

#### **5. The Seat — The Fear of the Lord (Your Posture)**

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You cannot ride a bicycle without sitting down. The seat represents the fear of the Lord — your posture before God. Not terror. Not cowering. Holy reverence. The awe-filled awareness that you are riding with Someone infinitely greater than yourself, and He is worth trusting completely.

Proverbs 9:10, Proverbs 1:7, Psalm 34:11, Psalm 111:10, Isaiah 11:2–3, Deuteronomy 10:12, Psalm 25:14, Proverbs 14:27, Proverbs 19:23, Luke 1:50, Acts 9:31, Ecclesiastes 12:13

#### **6. The Basket — Life of Gratitude (Fruit - What You Carry)**

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The basket sits out front, in full view of everyone you pass. It is what you carry into every room, every conversation, every hard season. People notice what is in your basket before they ever ask about your back wheel. The basket is your fruit. Your gratitude. And it is visible.

1 Thessalonians 5:18, Philippians 4:6–7, Galatians 5:22–23, John 15:8, John 15:16, Colossians 3:15–17, Psalm 100:4, Luke 6:45, Matthew 7:16

#### **7. The Chain — The Holy Spirit (Connection)**

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The chain is the only part of the bicycle that touches everything that matters. It links your effort to God's power, your disciplines to your intimacy, your obedience to your identity. Without it, every other part exists in isolation. The Holy Spirit is your Connection.

Acts 1:8, John 14:16–17, John 16:13, Galatians 5:25, Romans 8:26, Romans 8:11, 1 Corinthians 6:19, Ephesians 3:16, Ezekiel 36:27, Zechariah 4:6, Acts 2:4, Galatians 5:22–23

#### **8. The Pedals — Daily Obedience & Faith in Action (Your “yes”)**

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Every other part of the bicycle is either given to you or connected to you. But the pedals? Nobody can press them for you. That is the one part of the ride that is entirely yours. Two pedals — faith and obedience working together in rhythm. One foot trusting. The other moving. You cannot coast on one pedal.

James 2:14–26, James 2:26, John 14:15, Deuteronomy 28:1, Luke 9:23, Colossians 3:23, Micah 6:8, Romans 6:16, Hebrews 11:8, 1 Samuel 15:22, Matthew 7:24, Philippians 4:9

#### **A Daily Choice:**

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A disciple is someone who gets on the right bicycle every single day and chooses, on purpose, whose road they are going to ride. They seek to spend time with their Teacher every day.

## **Discipleship:**

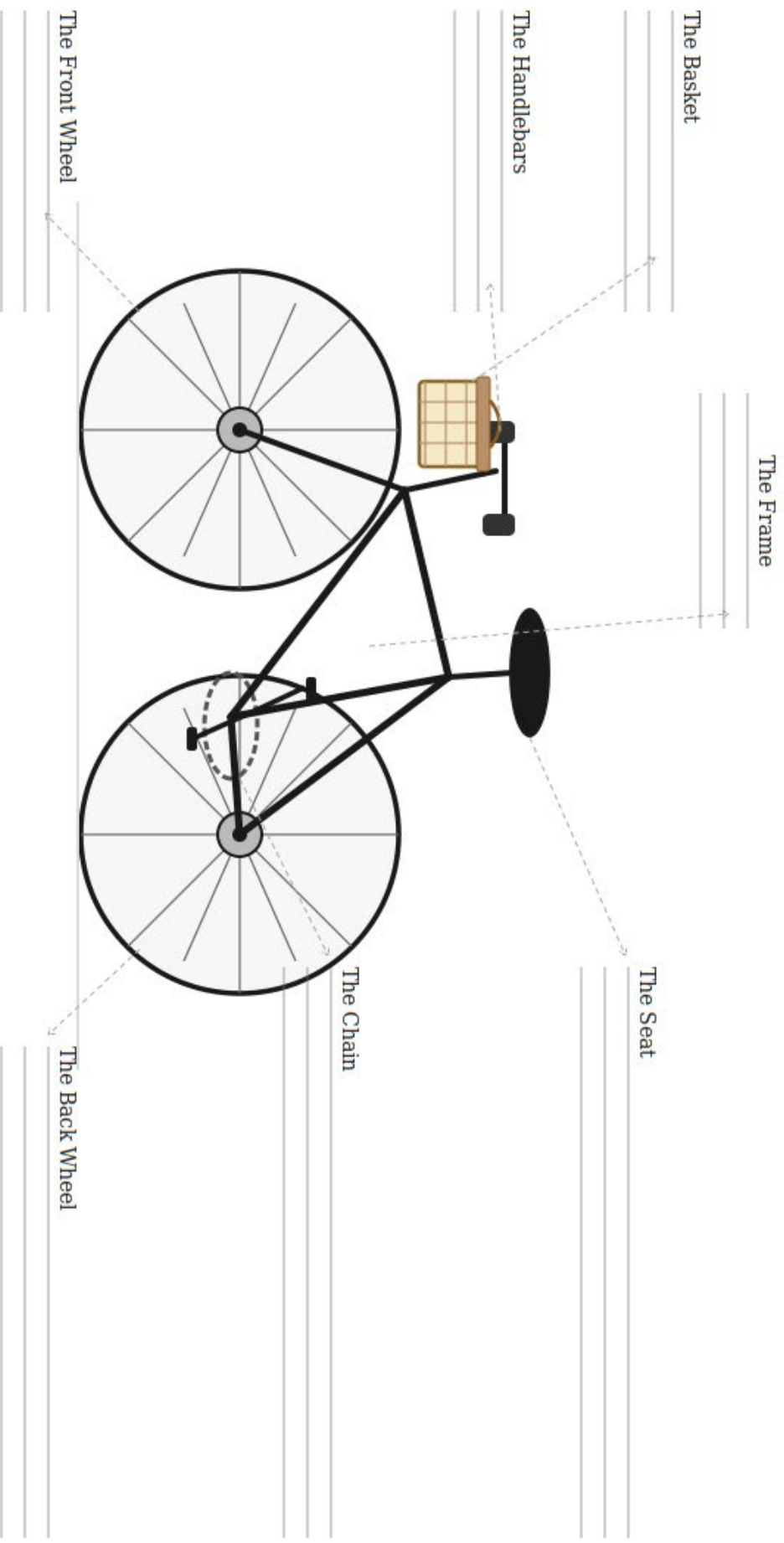
1. Salvation – knowing Christ as Lord is your identity. He calls you His own; you are His.
2. You need disciplines for growth and power:
  - a. *Prayer, fasting, Bible study, Bible memorization, solitude, silence, meditation, journaling, fellowship, community, confession, Sabbath, accountability, praise.*
3. Intimacy with Jesus helps you stay on course
4. The Word of God helps correct you.
5. The fear of the Lord keeps your heart in the right posture.
6. A grateful attitude carries joy, peace, and generosity to others.
7. The Holy Spirit connects your effort to God's power.
8. Your daily “yes” is obedience and faith working together in rhythm.

## **Questions:**

1. We said that everyone is a disciple of something. When you look honestly at your week — your time, your attention, your scrolling — what is actually forming you right now?
2. What does it feel like when the ride breaks down? What is usually the first thing to go — and how long does it take you to notice?
3. What is one thing the Holy Spirit has been trying to connect in your life that you have been resisting — a discipline, a relationship, an act of obedience?
4. What is the one part of your ride that needs the most attention right now — and what is one honest, specific step you can take this week?
5. If you could go back and tell your younger self one thing about what it actually means to follow Jesus — not the religion, but the real ride — what would you say?

# The Bicycle of Discipleship

Fill in each part as we go through the message



*"Let us run with endurance the race that is set before us, looking to Jesus..." — Hebrews 12:1-2*

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